Pharmacopœa Belgica;

£1.40 Or, the DUTCH 6.59

DISPENSATORY,

Reviſed and Confirmed by the *Colledge* of *Phyſitians* at *AMSTERDAM*.

Wherein is deſcribed,

I. *The Vertues, Qualities, and Properties of every Simple.*

II. *The Vertues and Uſe of Compounds.*

III. *Directions and Cautions in giving all* MEDICINES.

Whereunto is added, the Compleat

HERBALIST:

Being a Phyſicall Diſcourſe of all common HERBS and FRUITS, ſhewing their *Natures*, *Vertues*, and *Qualities*, as they are frequently uſed in *Medicines*; Together with many excellent Receipts, whereby every One (by Gods help) may preſerve himſelf.

Rendred into Engliſh *for the benefit of our Nation.*

LONDON,
Printed by *E. C.* for *Edw. Farnham*, in *Popes-head* Alley, and *Robert Horn*, at the *Turks head* in *Cornhill*, 1659.

1004.11

To the
RIGHT HONOURABLE
THE
Lord Marqueſs
OF
DORCHESTER,
EARL of *KINGSTONE*,
Vicount *Newark*, &c.

Right Honourable,

YOur former Goodneſs *hath Obliged me to all future* Duty; *And therefore for me to make my Addreſs with this ſmall* Parmacopœa, *and*

Herbaliſt, *after that great Volume of* Geſner *and* Mouffet *I preſented you with, may ſeem to leſſen my* Reſpect, *but that I know, whoever brought a paire of* Turtle Doves *with true* Devotion, *was as well accepted, as he that Sacrificed a* Yoke *of* Oxen.

I Dedicate this Enchiridion *to your Lordſhip, becauſe it handleth that Subject you owne in ſpeciall, having ſo lately honoured the* Colledge *of* Phyſitians *with your Society; ſeeking thereby an occaſion of doing more good to diſtreſſed Men. And I hope that being*

but

but little, it will be the more Welcome, *for it will not waſt much of your pretious time, if you pleaſe to take notice of the* Method *uſed by the* Low-Countries. *I have ſet downe the Quantities of many* Medicaments, *becauſe the* Stationers *would have it ſo, as both ſuiting with the Peoples* Palate *who deſire it; And I think they have great reaſon for it, ſince that* Empiricks *with whom the Nation now ſwarms, do ordinarily obſerve no* Quantities, Ages, Sex, *or* Temperaments; *yet were* Hippocrates *and* Galen *now living, they would*

would bee little eſteemed amongſt the Vulgar, *in compariſon of theſe men. He that can but Build a* Furnace *with a few* Bricks, *and blow the Coals, and ſet a* Still *going, will make the People believe, that* Paracelſus, *and* Van-Helmont *might learn* Chymiſtry *of him. Our common* Aſtrologers, *who know not much more how to Erect a* Scheme, *or to find the* Horoſcope, *then what they can learn out of an ordinary* Ephemerides, *are preferred before* Ptolomy, Alphonſus, Copernicus, *or* Ticho Brache; *and* Thales Mileſcus *in theſe dayes,*

dayes, might run a begging with his ῥᾴδιον ἐσὶ τοῖς Φιλοσόφοις πλεῖν ἐαν θελῶσι. *Men are growne ſuch* Scepticks *in Divinty, and in Arts* Scioliſts, *that* Pans *Oaten* Pipe *is more admired, then* Apollo's Lute, *whilſt that* Pigmies *walk upon* Stiles *to amaze the* Multitude, *and are Arrayed in the Habits of* Giants.

I have much more to ſay, but that a long Preface *will not become a ſhort* Book. Sufficet exiguo ſtrigilatio curta caballo. *I muſt crave your Lordſhips* Pardon, *if the ſenſe of my* Duty *hath carried me beyond my bounds.*

bounds already, and onely beg leave to write my Self, as I am,

Your Honours most

bounden Servant,

to be alwaies at

your Command,

John Rouland.

THE

THE DISPENSATORY OF *AMSTERDAM.*

SECT. I.

Of ſimple Medicaments to be kept in the Apothecaries Shop.

ROOTS.

Acorus, or ſweet *Calamus* of the Shops; it is hot and dry in the ſecond degree, and good for dim Eyes.

Alcanna, it is cold in the firſt, dry in the begining of the ſecond degree, binding and healing, and brought in Powder from beyond Seas.

Althæa, Marſh-mallows, the Roots are hot and moiſt in the ſecond degree, good for Colds and Ruptures.

Angelica, is hot and dry in the third degree, good againſt the Plague and all Poyſon.

Apium, Smallage, there are many kinds of it, it is hot in the firſt, dry in the ſecond degree, it cleanſeth and ripeneth.

Arum, Cuckowpint. the Root is hot and dry in the ſecond, with deterſion.

Ariſtolochia, Birthwort, long, round, and ſmall, are hot and dry in the ſecond degree, detergent and incarnating.

Aſarum, *Aſarabacca*, hot and dry in the third degree, good for Dropſies.

Aſparagus, Sparagus, hath and abſtergent quality, without manifeſt heat or cold.

Bardana, or the greater Burdock, is temperate in heat and drineſs, good againſt Bruiſes.

Biſtorta, or Snakeweed, cools and binds exceedingly.

Bryonia, or Bryony, hot and dry in the ſecond degree, detergent and ripening.

Carlina, the white Thiſtle, hot in the ſecond, dry in the third degree.

Caryophyllata, Avens, Herb Bennet, hot and dry in the ſecond degree, good againſt Bruiſes.

Cava, Hollow-root, is hot in the firſt degree, and dry in the ſecond.

China, Good for Conſumptions, and the French Pox, is hot and dry.

Conſolida major, great Comfery, is hot and dry, and healing.

Contrayerva,

Contrayerva, hot and dry, excellent against Venome.

Costus uterq; both costus, sweet and bitter, hot and dry, detergent and resolving.

Cucumer Asininus, wild Cucumber, hot and dry in the second degree.

Curcuma, Tarmerick, hot and dry, good against the yellow Jaundice.

Cyclaminus, Sowbread, hot and dry in the third, discutient.

Cynoglossum, Hounds-tongue, cold and dry, good against Distillation and Rheums.

Cyperus, English Galinga, long and round, is hot and dry, consolidating, good for the Dropsie.

Doronicum Romanum, hot and dry, a great Antidote against Poyson.

Ebulus, dwarf Elder, good for the Dropsie, hot and dry in the second degree.

Eringium, Eringes, moderate in heat, but very dry, good against the Stone.

Esula utraq; Spurges great and small, hot and dry in the third, purging Flegm and Melancholy.

Filix, Fern, Male and Female, both are hot and dry, good against Worms.

Fœniculum, Fennell, hot in the third, dry in the second, good for dim Eyes.

Fraxinella, seu dictamnus albus, white Dittany, hot and dry, provokes the Terms.

Galanga, Galanga, both sorts are hot and dry, strengthning the parts.

Gentiana, Gentian, hot and dry, detergent.

Glycyrriza, Licoris, temperately hot and moiſt, good for the Breaſt and Lungs.

Gramen, Couch-graſs, cold and dry, opening.

Helenium, Elecampane, hot and dry about the ſecond degree, comforting and reſolving.

Helleborus, Hellebore, white and black, are hot and dry in the third degree, both violent purgatives, the white purgeth Flegm by Vomit, the black Melancholy by ſiege.

Hermodactyli, Hermodactills, hot and dry in the ſecond, are detergent and corroding.

Jalappa, Jalap, hot and dry, a great purger of watry humours.

Imperatoria, Maſterwort, hot and dry in the third degree, good to make one ſweat, againſt the cold fits of Agues.

Iris Florentina, Orris of Florence, hot and dry, reſolves, mundifies, incarnates, the juyce of it purgeth water.

Leviſticum, Lovage, hot and dry, good againſt cold and wind.

Mandragara, Mandrake, cold in the fourth degree, and very dangerous to be uſed, being ſtupefactive.

Mechoacan, is moderately hot and dry, it purgeth Flegm principally, and is very ſafe.

Meu, Meu, Spignell, hot and dry, a good diuretick, and provokes the Terms.

Nymphæa, white water Lillies, cold and moiſt in the ſecond degree, tempers heat, and makes a man ſleep.

Ononis, Reſt-harrow, hot and dry, good againſt the Stone, and often taken conſumes *Hernia carosa*. *Oſmunda*

Oſmunda regalis, Oſmund royall, water fern, is good to make one Urine, and Heals Bruiſes, and Bones out of joynt.

Pæonia, Piony, Male and Female, hot and dry good againſt the Falling-ſickneſs.

Pentaphyllon, Cinckfoil, drying without pain, good againſt Agues, Fluxes, and helps ſore Mouths.

Petaſites, Butter-bur, it provokes ſweat abundantly, and is good againſt eating Ulcers.

Petroſelinum, Parſley, hot and dry, makes one to Urine well, and is good againſt pains in the Reins and Bladder.

Peucedamus, Dog-fennell, hot in the ſecond, dry in the third degree, good againſt Lethargy's, Frenſies, Vertigo's, and the Falling-ſickneſs.

Phu, ſeu *Valeriana*, Valerian, Setwall, hot and dry in the ſecond degree, it is weaker then Spikenard, good to cauſe the Terms, and to be put in Antidotes againſt Poyſons.

Pimpinella, Barnet, hot and dry in the ſecond degree, cheers the Heart, and heals Wounds.

Polypodium quercinum, Polypod of the Oak, is very drying, and purgeth Choler, Flegm very gently.

Pyrethrum, Pellitory of *Spain*, hot and dry in the third degree, draws Rheum, and cures the Toothach.

Raphanus, Radiſh, is hot and dry, and very diuretick, but the horſe Radiſh provokes Urine more then the Garden Radiſh.

Rhabarbarum, Rheubarb, hot and dry, it purgeth Choler gently, and ſtrengthens the Liver mightily.

Rhaponticum, Rheubarb of *Pontus*, is not ſo purgative as Rhewbarb, purgeth a little, but binds more, is good againſt Fluxes.

Rubia Tinctorum, Madder, it dryeth, bindeth, and openeth withall, it is good againſt Bruiſes and the yellow Jaundice.

Ruſcus, Butchers-brome, hot and dry, provokes Urine much.

Saxifragia, Saxifrage, hot and dry, good againſt Agues, the Stone and Strangury.

Scorzonera, Vipers-graſs, the Spaniſh is beſt, a great Antidote againſt Poyſon, and rejoyceth the Heart.

Scilla, Sea Onion, Squil; very hot and dry, if it be rightly prepared, it is uſefull for many things, it ſoftneth and cuts Flegm exceedingly.

Spicanardus, *Celtica*, *Indica*, Celtic and Indian Spikenard, hot in the firſt degree, dry in the ſecond, provoke Urine, and are a good Cordiall.

Tormentilla, Tormentill, hot and dry, very binding, and good for Ulcers.

Turbith, Turbeth, hot in the third degree, purging Flegm, it muſt be corrected with Ginger.

Tuſſilago, Coltsfoot, good againſt a Cold, and ſtoppings in the Stomach.

Vincetoxicum, Swallow-wort, hot and dry, good againſt Poyſon, and the bitings of Venomous Beaſts.

Zarzaparilla, hot and dry, provoking Sweat, good againſt the French Pox.

Zedoaria,

Zedoaria, Zedoary, hot and dry in the seeond degree, good againſt all peſtilentiall Diſeaſes.

Zinziber, Ginger, hot and dry in the third degree, warms the Stomach, and expells wind, the green Ginger candied is very good for this purpoſe.

To theſe muſhroms and fungous Subſtances are added.

Agaricus, Agarick, hot and dry, purging Flegm.

Auriculæ Judææ, Jews Ears, good in *Gargariſmes* for ſore Throats.

Orbicularis, Pucfiſts, good for Kibed Heels.

Shells and Barks.

Aurantiorum, of Oranges, hot and dry, Cordiall and provoke the Terms.

Caſſia lignia, hot and dry, provokes the Terms.

Cinnamomum, Cinnamon, hot and dry in the third degree, is Aromatick, and Cordiall.

Citriorum, Citron Pills, are hot and dry, good Cordialls.

Caſtanearum Interiores, the inward Pills of Cheſtnuts, are very drying and binding.

Fraxini, of the Aſh Tree, a great diuretick.

Glandium calices, Acorn Cups, drying and binding.

Granatorum, Pomgranate Pills, dry and bind very much.

Ligni Guajaci, Bark of Guaicum, hot and dry, good in Diet Drinks for the French Pox.

Macis, Mace, hot and dry a good diuretick, and very Cordiall.

Quercus, Bark of the Oak, very drying.

Radicum capparum, Bark of Caper Roots, good for the Spleen.

Tamariſci, of the Tamarisk Tree, good for the Spleen, theſe two are commonly uſed together for the ſame purpoſe.

Woods.

Lignum, Aloes, hot and dry in the ſecond degree, is Aromatick, and comforts the Brain.

Aſpalathum, hot and dry with attriction, it is good for Ulcers in the mouth, and ſtops Fluxes.

Guaicum, Pochwood, hot and dry, good for Diet Drinks for the Pox.

Moluccenſe, ſeu *Panava*, Molucca wood, ſeldom in uſe.

Nephriticum, hot and dry, good for the Stone in the Kidneys.

Rhodium,

Rhodium, Roſewood, a very ſweet Oyle is diſtilled from it that comforts the Head.

Santalum, album,
Citrinum,
Rubrum;

Sanders, white, yellow, and red, they are all cooling and drying, very Cordiall, and ſtop Fluxes.

Saſſafras, hot and dry, good for Dyet Drinks.

Viſci quercini, Miſsletoe of the Oak, good againſt the Epilepſie.

Leaves and Herbs.

Abrotanimus. Male Southernwood, is hot and dry in the ſecond degree, and binding, good againſt Alopecia.

Abſinthium vulgare, common Wormwood, or with broad leaves.

Romanum, Roman Wormwood are with ſmall leaves, hot in the firſt degree, dry in the ſecond, purge Choler, and ſtrengthen the Liver.

Adiantum album, white Maiden-hair, *nigrum* black, temperate and drying, good for the Lungs.

Agrimonia, Egrymony, hot and dry, good for the Liver.

Alchimilla, Lions-foot, exceeding binding, and good for Wounds.

Althæa,

Althæa, Marſh Mallows, moderately hot and dry, diſcuſſing and ſoftning.

Anethi, ſummitates, Tops of Dill, hot and dry, eaſeth pain.

Artemiſia, Mugwort, hot and moderatly drying, good to provoke the Terms.

Betonica, Betony, hot and dry in the third degree, it cleanſeth, and is good for the wounds of the Head.

Botrys, Oak of *Jeruſalem*, hot and dry, good for thoſe that are ſhort winded, and for Colds.

Burſa paſtoris, Shepheards Purſe, cold and dry a good vulnerary Plant.

Calamintha, Calamint, hot and dry in the third degree, provokes the Terms.

Capillus veneris, Maiden-hair, temperate and ſomething drying, good in Conſumptions.

Carduus benedictus, Bleſſed Thiſtle, moderatly hot, good for Agues, and provoking Sweat.

Cauda equina, Horſtail, cold in the firſt, and dry in the ſecond degree, aſtringent and healing.

Centaurii minoris, ſummitates, the Tops of the leſſer Centory, hot and dry in the third degree, good for obſtructions of the Liver.

Chamedrys, Germander, hot and dry in the third degree, provokes the Terms.

Chamæpitys, ground Pine, hot and dry in the ſecond degree, good againſt the Sciatica.

Cuſcuta, cum Floribus, Dodder, with its Flowers, hot in the firſt, dry in the ſecond degree, good for Agues, opens Obructions.

Dictamnus Creticus, Dittany of Crete, hot and dry

dry, good against Wounds, and bitings of venemous Creatures.

Epithymum, Epithyme, something hotter then Dodder, gently purgeth Melancholy.

Eryſimum, Hedge Muſtard, hot and dry, good to expectorat Flegm.

Eupatorium aquaticum, ſeu *Cannabinum*, Water Agrimony, hot and dry, good againſt the yellow Jaundice, and *Cachexia*, or an ill habit of the body.

Euphragia cum floribus, Eybright with its flowers, hot and dry, good for the ſight.

Fumaria, Fumitary, cold in the firſt, dry in the ſecond degree, cleanſeth by Urine, cures the Itch and Melancholy.

Gallitricum, ſeu *Scarlea*, Clary, hot and dry, incarnative, it purgeth the Matrix principally.

Hyperici ſummitates, Tops of St. Johns Wort, hot and dry, heal, incarnate and conſolidate.

Hyſopus, Hyſop, hot and dry in the third degree, proper for Ulcers of the Lungs.

Laurus, Bays, hot and dry; the decoction of them is good for Women to ſit over for pains in the Mattix.

Lupulus, Hops, hot and dry, purgeth and cleanſeth the Blood.

Majorana, Marjorum, hot and dry in the third degree, comforts and corroborates.

Malva, Mallows, temperate and moiſt, looſneth the belly, cures the ſtinging of Bees and Waſps.

Marrubium

Marrubium, ſeu *Praſium*, hot in the ſecond degree, dry in the third, good for Colds.

Matricaria, Fetherfew, hot in the third degree, dry in the ſecond, good for ſwiming in the Head.

Meliſſa, Balm, hot and dry in the ſecond degree, cheers the Heart and Spirits.

Menthaſtrum, Horſmints, ſeldome uſed.

Mentha ſativa, Mints of the Garden, *Aquatica*, Water-Mints.

Garden Mints are hot and dry, ſtay Vomiting, and are good for the Stomach.

Mercurialis, Mercury, hot and dry, good for Clyſters.

Muſcus quercinus, Moſs of the Oake, hot and dry, conſolidating.

Myrtus, Myrtle, cold, drying, and binding, good for Fluxes.

Nepeta, Nip, hot and dry, procures Womens Courſes.

Nicotiana, Tobacco, hot and dry, cures moſt cold Diſeaſes.

Origanum Creticum, wild Marjoram of *Crete*, *Vulgare*, and common wild Marjoram, hot and dry, provokes the Terms, helps Coughs and Conſumptions.

Parietaria, Pellitary of the Wall, cold and moiſt, good againſt hot Inflamations, and the Stone.

Perſicaria, Arſmart, hot and dry, conſumes cold ſwellings, there is another Arſmart that is of a colder quality.

Phyllitis,

Phyllitis, ſeu *Lingua cervina*, Harts Tongue, drying and binding, ſtops all Fluxes.

Piloſella, Mouſear, hot and dry, excellent for Coughs and Conſumptions of the Lungs.

Pimpinella, Barnet, hot and dry, cheers the Heart in a Cup of Wine.

Polium montanum, Polymountain, hot and dry, helps Dropſies, provokes Urine.

Polyganum, Knot-graſs, cold and binding, ſtops Fluxes.

Polytricum, ſeu *Trichomanes*, another Maiden Haire, temperate in heat and cold, good for ſhort Breath, and breaks the Stone.

Pulegium, Penniroyall, hot and dry in the third degree, cleanſeth the Lungs of Flegm, provokes the Courſes.

Pulmonaria, Lungwort, dryeth, and bindeth, is good for the Lungs.

Pyrola, Wintergreen, cold and dry, ſtops Fluxes.

Quercus, the Oake, very aſtringent, and good to ſtay Fluxes.

Ribeſia nigra, black Garden Currance, they cool and bind.

Roriſmarinus, Roſemary, hot and dry in the third degree, good gainſt cold defluxions from the Head.

Ruta, Rue, hot and dry in the third degree, good againſt the Plague.

Ruta muraria, ſeu *Salvia vitæ*, Wall Rue, temperate, another ſort of Mainden-hair, or Capillary Herb.

Sabina,

Sabina, Savin, hot and dry in the third degree, the Powder of it will consume Warts on the Privities.

Salvia, Sage, hot and dry, good against Venome, and stops the Terms when they run too much.

Sanicula, Sanicle, heats and dries, is good against blood-spitting, and is put in vulnerary Drinks.

Satureja, Savary, hot and dry, helps concoction, and is good against loathing of Meat.

Scabiosa, Scabious, hot and dry in the second degree, good for the Lungs.

Scolopendrium, or *Ceterach*, Spleen-wort, temperate, excellent good against Melancholy.

Scordium, Water Germander, hot and dry, good against the Plague.

Senna, hot in the second, dry in the first degree, purgeth Choler, Flegm, and Melancholy,

Serpillum, Mother of Thyme, hot and dry in the third degree, provokes the Terms.

Soldanella, Sea Coleworts, hot and dry, purging water, and is good for the Dropsie.

Solidago Saracenica., Saracens Confound, a very good vulnerary Herb.

Thymum cum floribus, Thyme with the flowers, hot and dry in the third degree, provokes the Terms.

Tussilago, Coltsfoot, cold and dry, excellent for Coughs.

Verbascum, Mallus, drying and cleansing, good for the Piles.

Verbena

Verbena, Vervain, hot and dry, good for the Headach, and for sore Eyes.

Veronica, Pauls Betony, hot and dry, good against the Pox and the Leprosie.

Violaria, Violets, are cold and moist in the first degree, good against hot Causes, used outwardly or inwardly.

Virga aurea, Golden Rod, is hot and dry in the second, excellent against the Stone and Gravell.

Flowers.

Balaustia, Flowers of the wild Pomgranate, are cold and dry, good to stop Fluxes.

Betonicæ, see the Herb.

Boragii, the Flowers are Cordiall.

Buglossæ, as the former.

Calendulæ, the Flowers are excellent in Pestilentiall times.

Caryophylleus, Clove Gillyflowers, the Conserve or Syrup comforts the Heart mightily.

Chamemeli Romani, vulgaris, Roman, or the ordinary Chamomel Flowers, are good against wind, and ease pain, they are hot and dry in the first degree.

Cheiri, Wall Flowers, are hot and dry, provoke the Terms.

Crocus, Saffron, hot in the second degree, dry in the first, a great Cordiall taken in a small quantity, but much kills the Patient.

Cyanus

Cyanus, blew Bottles very cooling.

Lavendulæ, Lavender Flowers, hot and dry, good againſt cold Diſeaſes, as Apoplexies, Palſies.

Malvæ arboreæ, Garden Mallows, holihocks, good in Clyſters.

Meliloti, Melilot Flowers, good to make Melilot Butter amongſt many other uſes, very wholſome for the Lungs, Reins, and Bladder.

Nymphææ albæ, of white water Lillies very cooling in Conſerves or Syrups.

Pæoniæ, of Piony, good againſt the Epileſſie.

Papaveris erratici, of Corn Poppie, the diſtilled Water is very cool, and is excellent againſt Surfets.

Rori ſmarini, of Roſemary, Roſemary Flowers, excellent for the Head in cold Cauſes.

Roſarum rubrarum, of red Roſes, are very cooling and binding, and Cordiall.

Salviæ, of Sage, the Conſerve of the Flowers is good for Women with Child, being aſtringent and ſtrengthning.

Sambaci of Elder Flowers, the Vinegar made with them is very Cordiall, and makes a good Stomach to ones Meat, provokes Urine, helps Dropſies.

Scœnanthum, Camels Hair, hot and dry, and are aſtringent, good againſt the Stones moving Urine and the Terms.

Stœcades, a kind of Lavender comes uſually out of *France*, and though the Shops call it *Arabian*

bian staechas, yet *Fuchsius* saith it is brought from about *Marseilles*, it is good for the head in cold Causes.

Tiliæ, or the Teil Tree, it is hot and good for the Falling-sickness, abundantly used in the Low-Countries, where there is great plenty of it.

Verbasci, or Mullens, good to cure hoarsness and broken wind, and boyld in Milk, are good for the Emrods.

Violarum, of Violets, good to make Syrups and Conserves to cool the body, and moisten it in hot and dry Causes.

Seeds.

Acetosæ, of Sorrell, the Leaves are cold and dry in the second degree, and the Seed in the first degree, the Seed is good against the running of the Reins.

Agni casti, of Agnus Castus, hot and dry, break wind, and keep people chast.

Althææ, of Marsh Mallows, see the herb.

Ammios, of Bishops Weed, is one of the four smaller hot Seeds, is of thin parts, drying, moving Urine and the Terms.

Amomi, this is another of the four smaller hot Seeds, and is good for the stopping of the Liver in cold Causes.

Anethi, of Dill, ſee the Herb.

Aniſi, of Annis, hot and dry, good againſt wind, and to correct windy Medicaments, one of the four greater hot ſeeds.

Raſarum, or *Anthera*, Seeds of Roſes very aſtringent.

Apii, of Smallage, another of the four ſmaller hot Seeds, diſpells wind, moves Urine and the Terms.

Aquilegiæ, of Columbines, moderatly hot and digeſting.

Aſparagi, of Sparagus, good againſt Worms.

Atriplicis, of Atriplex or Graye, the Herb is moiſt in the ſecond, cold in the firſt degree, but the Seed is abſtergent and good againſt ſcroſulous tumours.

Bardani, of the great Dock, good againſt the Stone, and the Sciatica.

Berberorum, of Barberies, binding and drying, ſome are of opinion it is cold and dry, good to ſtop Fluxes.

Bombacis, of Coffeu, hot and moiſt, good for Colds in the Cheſt.

Cannabis, of Hemp, hot and dry, dangerous as Coriander Seed, eaten too much, it extinguiſheth wind, and deſtroys naturall vigor.

Cardamomum majus, great Cardamomum, hot and dry, good to provoke Sweat, and againſt cold Diſeaſes, as the falling Sickneſs and Palſies.

Carduus benedictus, ſee the Herb, the Seeds drank with Pepper in Powder, are good againſt the bitings of Serpents.

Carei,

Carei, of Caraways, hot and dry in the third degree, provoke Urine, help Concoction, the Comfits are excellent for this use, and are one of the greater hot Seeds.

Cicer rubrum, red Ciche Peason, hot and dry, very windy, provoking the Terms.

Citri of Citrons, hot and dry, good against Worms and Venome.

Citrulli, of Citrul-Cucumbers, they are of the four greater cold Seeds, good in Diureticks, and Amond-milk to move Urine, and to make the parts slippery.

Cnici, or *Carthami*, of bastard Saffron, good to expectorate and purge Flegm if a quantity be taken.

Coriandri, of Coriander, the Seed must be prepared with Vinegar before it can be safely used internally, and then the Comfits are good against Wind and the Gout.

Cubebe, Cubebs chew'd in the mouth draw much Rheum.

Cucumeris, of Cucumbers, good to make one Urine well, and are proper against Exulcerations of the Bladder, and are of the four greater cold Seeds.

Cucurbitæ, of Gourds, another of the four great cold seeds, of the same vertue with the former.

Cumini, of Cummin; These must be steept in Vinegar before they be used inwardly, and are of the four greater hot Seeds.

Cydoneorum, of Quinces, a Mucilage made of this Seed in Rosewater, is very cooling and healing.

Dactylorum ossa, Date stones in powder are good against the Stone, and for Women in Childbed.

Dauci Cretici, wild Carrot seed of *Crete*, drunk it heats, and brings down the Terms, and Urine, the common *Daucus* is of the same nature.

Endiviæ, of Endive, cold and dry, good against Feavers proceeding of Choler.

Erucæ, of Roccet, hot and dry, it moves Urine, helps Concoction.

Fœniculi dulcis, vulgaris, sweet and common Fennell-seed, breaks wind, moves Urine and the Terms.

Fœnugræci, of Fenugreec, hot and dry, it enrageth hot Inflamations, but it cures and digests those that are hard and not very hot.

Fumariæ, of Fumitary, see the herb.

Genistæ, of Broom, hot and dry, a dram and half of the seed purgeth like Hellebour, upwards and downwards,

Grana Paradisi, Grains of Paradice, good to cause sweat in Agues.

Hordeum, integrum, whole Barley. } cold and dry.
Mundatum, French Barly. }
Good to make Ptisans for the Breast, and outwardly for Cataplasms.

Hyosciami albi, of white Henbane, the other Henbanes are dangerous, but this is good in Opiats to make one sleep.

Hyperici, of St. Johns-wort, hot and dry, drunk forty daies it cures the Sciatica.

Lactucæ,

Lactucæ, of Lettice, cold and moiſt, drunk for a continuance of time cures nocturnall polutions.

Leviſtici, of Levage, hot and dry in the third degree, it is good againſt the Dropſie, moves Urine and the Terms.

Lini, Linſeed, hot in the firſt degree, and moderatly moiſtning, good againſt a Cough, and outwardly to diſcuts hard tumours,

Lupini, of Lupins, hot and dry, mingled with Honey for a Lohoch, it kills Worms.

Malvæ, of Mallows, ſee the herb.

Melonum, of Melons, another of the foure great cold Seeds, moves Urine, and is good in Emulſions.

Milii ſolis vulgaris, Grommel ſeed, is hot and dry, expels the Stone, but common Millet, is good for Cataplaſmes, and to eaſe pain.

Napi, of Navews, good in Antidotes againſt Poyſon.

Naſturtii, of Creſſes, hot and dry in the fourth degree, and of a burning quality, kils the Child in the Womb.

Nigellæ, of Gith, hot and dry in the third degree, diſcuſſeth wind, kills Worms; much is dangerous to be taken.

Nuclei ceraſorum, Kernels of Cherries. } are good againſt Worms.
Perſicorum, of Peaches, }

Pinei, Pine Kernells, are good for Coughs, and to purge the Cheſt of tough Flegm.

Dactylorum ossa, Date stones in powder are good against the Stone, and for Women in Childbed.

Dauci Cretici, wild Carrot seed of *Crete*, drunk it heats, and brings down the Terms, and Urine, the common *Daucus* is of the same nature.

Endiviæ, of Endive, cold and dry, good against Feavers proceeding of Choler.

Erucæ, of Roccet, hot and dry, it moves Urine, helps Concoction.

Fœniculi dulcis, vulgaris, sweet and common Fennell-seed, breaks wind, moves Urine and the Terms.

Fœnugræci, of Fenugreec, hot and dry, it enrageth hot Inflamations, but it cures and digests those that are hard and not very hot.

Fumariæ, of Fumitary, see the herb.

Genistæ, of Broom, hot and dry, a dram and half of the seed purgeth like Hellebour, upwards and downwards,

Grana Paradisi, Grains of Paradice, good to cause sweat in Agues.

Hordeum, integrum, whole Barley. } cold and dry.
Mundatum, French Barly. }
Good to make Ptisans for the Breast, and outwardly for Cataplasms.

Hyosciami albi, of white Henbane, the other Henbanes are dangerous, but this is good in Opiats to make one sleep.

Hyperici, of St. Johns-wort, hot and dry, drunk forty daies it cures the Sciatica.

Lactucæ,

Lactucæ, of Lettice, cold and moist, drunk for a continuance of time cures nocturnall polutions.

Levistici, of Levage, hot and dry in the third degree, it is good against the Dropsie, moves Urine and the Terms.

Lini, Linseed, hot in the first degree, and moderatly moistning, good against a Cough, and outwardly to discuts hard tumours,

Lupini, of Lupins, hot and dry, mingled with Honey for a Lohoch, it kills Worms.

Malvæ, of Mallows, see the herb.

Melonum, of Melons, another of the foure great cold Seeds, moves Urine, and is good in Emulsions.

Milii solis vulgaris, Grommel seed, is hot and dry, expels the Stone, but common Millet, is good for Cataplasmes, and to ease pain.

Napi, of Navews, good in Antidotes against Poyson.

Nasturtii, of Cresses, hot and dry in the fourth degree, and of a burning quality, kils the Child in the Womb.

Nigellæ, of Gith, hot and dry in the third degree, discusseth wind, kills Worms; much is dangerous to be taken.

Nuclei ceraſorum, Kernels of Cherries. } are good against
Perſicorum, of Peaches, } Worms.

Pinei, Pine Kernells, are good for Coughs, and to purge the Cheſt of tough Flegm.

Ocimi, of Basil, hot and moist, causeth Lust, bruised and snust up into the Nostrils, makes one sneeze.

Oleris atri, Alizanders hot and dry, the Seed drunk with sweet Wine, moves Urine and the Terms.

Orobi, of Orobus, a kind of Pulse like to Vetches, hot in the first, dry in the second degree, provokes Urine and the Terms.

Pæoniæ, or Piony, is hot and of thin parts, fifteen of the red Seeds stop the reds, and so many of the black Seeds cure the Night Mare.

Papaveris albi, nigri, of white and black Poppy, the white Seeds are good in Emulsions, but the black are colder and more dangerous.

Petroselini Macedonici, vulgaris, Parsley of Macedonia, and common Parsley, the Seed breaks wind and drives forth the Stone, being hot and dry.

Plantaginis, of Plantan, cold and dry, stop Fluxes.

Portulacæ, of Purslan, cold and moist, good against the Gonorrhœa.

Psyllii, of Fleabane, cold in the second degree, and in the mean between moistning and drying, the Mucilage is good in hot Causes.

Raphani, of Radish, hot in the third, dry in the second degree, moves Vomit, and provokes Urine.

Ruscі, of Knecholme, are hot and dry, move Urine forcibly, and are good against the Stone.

Rutæ,

Ruti, of Rue, hot and dry in the third degree, of thin parts, cutting Flegm, causeth Urine, good against Poyson and ill Aires.

Sambuci, of Elder, hot and dry good against the Dropsie.

Santonici, Wormseed, hot and dry, good against the Worms, it is the Seed of a kind of Wormwood, brought from *Santone*. *Fuchsius*.

Saxifragiæ, of Saxifrage, hot and dry, breaks the Stone.

Scariolæ, Garden Endive, cold and dry, good against Fluxes.

Seselios Massilienſis, *Seseli* of Marseilles, or broad Cummin, hot and dry in the second degree, of thin parts, moves Urine, is good for short breath, and the Falling-sickness.

Siler is Montani, Siler Montan, in vertue like the former.

Sinapi, Mustard-seed, hot and dry in the fourth degree, good in cold Causes.

Sophiæ, of Flixwood, drying without any aparent heat, good to stop Fluxes.

Staphidis agriæ, of Staves Acre, hot and dry in the fourth degree, kills Lice, fifteen Grains in Hydromel will give a strong Vomit, but he must walk and still drink Honey and Water that takes it, that he be not choked.

Sumach, cold in the second, dry in the third degree, in Fluxes very binding, is also good for Dyers to dye Blacks.

Thlaspios, of Country Mustard hot and dry in the fourth degree, purging Choler upwards and downwards, and breaking inward Impostumes by its Acrimony.

Urticæ, of Nettles, hot and dry of thin parts, the Seed is windy, taken in Hydromel cauſeth Vomit.

Fruits.

Alkakengi, or *Halacacabi*, Winter Cherries, red Berries that grow upon one kind of Nightſhade, cold and aſtringent, they provoke Urine exceedingly.

Amygdalæ dulces, ſweet Almonds, hot and moiſt in the Firſt degree, very nouriſhing, and are good in Emulſions.

Amaræ, bitter Almonds, are hot and dry in the ſecond degree, very diuretick, the Oyl of them is good for Ulcers in the Ears.

Anacardi, called *pediculus Elephantis*, like to a Birds heart, the Liquor of it is hot and dry in the fourth degree, and corroding.

Baccæ hederæ, Ivy Berries good againſt the Plague, but dangerous taken in any great quantity.

Juneperi, of Juniper, hot and dry, purge the Reins and the Liver, are good in Antidotes againſt Poyſon.

Lauri, Bay Berries, hot and dry, good againſt the wind Colick.

Mezerei, of Widdow-wail, not to be taken but well prepared, and diſpenſed with much diſcretion,

diſcretion, it is ſo dangerous.

Myrti, Myrtle Berries, cold and drying, good againſt Fluxes and ſpitting of blood.

Sambuci, Elder Berries, purge water, good for Dropſies.

Capita papaveris, Poppie-heads, they cool exceedingly,, good for Syrups againſt hot Defluxions, and to provoke ſleep.

Carpobalſamum, the Fruit or Seed of the Balſame Tree, the Tree is called *Balſamus*, the wood *Xylobalſamum*, the juice Balſamum, or Balſam, hot and dry in the third degree, but moſt an end are ſophiſticated, that which is right is very precious to heal Wounds outward or inward.

Caryophylli, Cloves, hot and dry in the third degree, very Aromatick, heat the Stomach, quicken the Sight.

Caſſia fiſtula, temperate in heat, cleanſeth the blood, and purgeth Flegm and Choler, good againſt Feavers and Gravell.

Colocynthis, Coloquintida, hot and dry in the third degree, a ſtrong purgative, ſafer to uſe than that the Apothecaries call *Troches Alhandal*, where it is well prepared.

Dactyli, Dates, they heat and bind, and breed groſs blood, and ſoon turn to Choler.

Ficus, Figs, Figs new and dry, are hot in the firſt degree, but not altogether ſo drying, they are good for colds of the Breaſt, and profit the Reins and the Bladder, but they breed groſs blood, and often eaten breed Lice.

Galle,

Gallæ, Galls, they are cold and dry and very binding.

Glandes, Acorns, temperatly cold, and dry in the ſecond degree, binding and conſolidating.

Jujubæ, Jujubes, fine cooling ſlippery by nature, are good againſt Worms, and profit the Stomach, Reins, and Bladder.

Kermes grana, or *Coccus Baphica*, Cochineal, hot and dry, a good Cordiall, ſtops the Terms; and is good to dye Scarlet, they dry without biting, and incarnate.

Meſpila immatura, unripe Medlars, cold and dry, ſtop Fluxes.

Mirobalans, there are five kinds of them, all cold and dry.

Belliricæ, purge Flegm.

Chebulæ, purge Flegm.

Citrinæ, purge yellow Choler.

Emblicæ, purge Flegm.

Indæ, purge Melancholy.

They all quicken the Senſes, and preſerve Youth.

Nux Cypreſſi, Ciprus Nuts, are dry without biting, and hot only to ſerve to penetrate, very aſtringent, good for Ruptures.

Moſchata, Nutmeg, hot and dry, good for the head and Stomach, provoke Urine.

Piſtachia, Piſtick Nuts, warm and moiſt, very nouriſhing, good for the Lungs and the Reins.

Vomica, it cauſeth one to Vomit, it is good to kill Dogs, and to catch Crows, and Birds of Prey.

Paſſulæ majores, very nouriſhing and cleanſing, wholſome

wholſome Food, and good to eat with Almonds between Meals in the French Pox.

Minores, Currance, breed good blood as the former do.

Piper, Pepper, of three ſorts uſuall.

Album, white Pepper.

Nigrum, black Pepper.

Longum, long Pepper.

All of them heat the Stomach, are good againſt cold Fits of Agues, and all cold Cauſes.

Pruna, Prunes, there are two ſorts, ſweet Prunes, called damask Prunes, that come from *Damaſcus*, theſe looſen the Belly.

Soure Prunes bind the Belly.

Sebeſtens, cool the Reins and the Bladder, and make the Throat ſmooth that is hoarſe.

Siliquæ dulces, ſweet Pods, are amongſt the Ingredients of Syrup of *Poppies*, and the Receipt is betterd by them, as being proper for that uſe.

Tamarindi, Tamarinds, cold and dry in the ſecond degree, quench Thirſt, allay heat, ſtop Vomiting, purge Choler.

Meale.

Fabarum, of Beans, cold and dry, detergent and reſolving.

Fœnugræci, of Fenygreec, hot and dry, reſolving and Diaphoretique,

Hordei,

Hordei, of Barley, cold and dry in the firſt degree, ripening and detergent.

Lupinorum, of Lupines, hot in the firſt degree, dry in the ſecond, detergent.

Radicis Althææ, of Marſh-mallow Root, temperatly warm, and ripening, and ſoftning hard Swellings.

Conſolidæ majoris, of great Comfrey, heats, dries, and contracts.

Lini of Linſeed, hot in the firſt degree, and between dry and moiſt, diſcuſſeth and ſoftneth all Inflammations and hard tumours.

Volatilis, Mill-duſt, cold and ſtopping blood.

Moiſt Juices.

Greſtæ, or *Omphacium*, juice of ſower Grapes, cold in the ſecond, dry in the third degree, very aſtringent.

Berberorum, of Berberies, cooling and binding, and drying.

Cydoneorum, of Quinces, cooling and aſtringent, ſtops vomiting taken after Meat, and purging taken before Meat.

Fumariæ, of Fumitary, hot and dry in the ſecond degree, very ſharp, quickneth the Sight, purgeth Choler by Urine.

Granatorum, of Pomegranates, the ſower are cold and dry in the ſecond degree, the ſweet hot and moiſt, both of them temper and corroborate the Stomach, good in hot Feavers.

Limonum, of Lemmons, cold and dry, good in Feavers.

Roſarum

Roſarum pallidarum, or Damask Roſes, purgeth Choler very gently, and binds afterwards.

Juices Condenſed, Gums, and Roſins

Abſinthii vulgaris ſuccus, Juice of common Wormwood, very hot, drying, & binding.

Acacia vera, true Acacia, , the Juice of an Ægyptian Tree with prickles, dry in the third, cold in the ſecond degree, very binding and ſtopping of Fluxes; we uſe the Juice of Sloes inſtead thereof.

Aloes hepatica, hot in the firſt, dry in the third degree, ſo is *Aloes ſuccotrina*; one is full of Sand and ſeems to be the dregs of the purer Aloes, the other is compact like Liver, and they call it barbarouſly *ſuccotrina*, *Dioſcorides*; pure Aloes is the *baſis* of almoſt all Pills, and by it ſelf alſo purgeth, ſtrengthens the Stomach, and kills Worms, is good for the Eyes in a *Collyrium*.

Ammoniacum, a Gum hot in the firſt degree, and dry in the firſt, ſoftneth and attracts.

Amylum, white Starch, cold and moiſt in the firſt degree, eaſing pain.

Aſa fœtida, hot and dry in the third degree, good to ſmell to againſt Fits of the Mother.

Balſamum Peruvianum, Bilſam of *Peru*, white and black, good for Wounds outwardly or inwardly; its detergent, attractive, and corroborative, it is commonly counterfeit, and that which is good is hard to come by.

Copa Ivæ, hot and dry, good in perfume to ſtop cold defluxions from the head *Bdelli-*

Bdellium, hot in the first degree, and softning, cures hard swellings.

Benzoinum, Benjamin, a small quantity of the Flower of it in an Egg is good for a Cold, a little put into an Ounce of Tobacco, gives a kind of Spanish scent.

Bitumen Judaicum, is a substance like Pitch, that of *Judæa* is held to be the best; it is adulterated with Pitch, it is gathered sincere in the Lake called the dead Sea, that the River *Jordane* runs into. It resolveth Swellings, the fume of it brings Epilestick People to their Fits.

Caphura, Camphire, a cold and dry Gum in the third degree, of very thin parts, of a discussing faculty, stops the Gonorrhæa; if it be not kept in Linseed it vanisheth away.

Colophonia, is that hard substance which remains after the distilling of Turpentine, it softens hard tumours, some will have it to be the same with Greek Pitch.

Elaterium, the juyce of wild Cucumbers, good in Dropsies if wisely dispensed, but otherwise very dangerous.

Eupatorii aquatici, juice of water Agrimony, hot and dry in the second degree, very abstergent.

Euphorbium, is often sophisticate, that which is right is very hot and burning, and must be tempered with other Ingredients for Collyriums and other uses.

Galbanum, a Gum hot and dry in the third degree, very attractive, it is often sophisticated with Bean Meal, Rosin, and Ammoniacum, it is

is good for the ſtrangling of the Womb, and to ſmel to againſt Vertigo's.

Ghitta Jemou, or *Gutta gamba*, called Camboge, it is a ſtrong Vomit, and muſt be given in a ſmall quantity.

Glycyrrhizæ ſuccus, Juyce of Licoris, good for a Cold and roughneſs of the Throat and Breaſt.

Gum Anime, is uſed as *Copal*, or *Copa Iræ*.

Arabicum, Gum Arabick, is cold and dry with conglutination, and abates the force of ſtrong Purgatives.

Caranna, good for Swellings and Aches, and againſt the Toothache, is very attractive.

Elemni, Gum Elem, makes an excellent Plaſter for Fractures of the Head.

Hederæ, Gum of Ivy, is an excellent Depilatory, and by its burning quality, makes a part bald that is full of hair.

Tacamahaca, Tacamahac, a good Plaſter for the Toothache, and for all cold and windy tumours.

Hypociſtidis ſuccus, Juice of Ciſtus, it is cold and dry in the ſecond degree, and very binding, good againſt Fluxes.

Lacca, Gum Lac, it is commonly found with little ſticks in it, but when it is cleanſed it is good for the Liver and Spleen, and againſt the yellow Jaundice.

Ladanum is a thick Juice that ſticks to the Beards of Goats when they feed, it is hot and moiſt in the firſt degree, and very ſoftning, it is good to faſten the hair.

Liquid

Liquid Ambar, it is good in Plaſters, but is ſeldome ſincere, being ſophiſticated with Oyles and other mixtures.

Manna, is a Dew that falls out of the Aire, and is different in qualities, as it receives ſome difference from the ſeverall Plants and things it falls upon, it purgeth Choler very gently, and may be given to women with Child, and to young Children.

Maſtiche, Maſtick, a hot and dry Gum in the ſecond degree, it ſoftneth and comforts; if you chew it in your mouth, it will draw forth much Rheum and ſtrengthen the Teeth.

Myrrha, Myrrh, a Gum hot and dry in the ſecond degree, and is incarnative, if it be diſtilled with Whites of Eggs, it cleanſeth the Skin, and takes away Spots.

Opium, is the Juice of black Poppie made thick, cold and dry in the fourth degree, it ſtupifies and mortifies, well correſted and given in a ſmall Doſe it brings reſt.

Opobalſamum, Balſam, a very ſoveraign Liquor of the Balſam Tree, good outwardly or inwardly to reſiſt Venome, it is moſt counterfeit, that which is right grows worſe with age.

Opopanax, the Gum of *Panax*, hot and dry in the third degree, ſoftning and extenuating, good in cold Fits of Agues, and againſt pains in the ſides.

Pix, Pitch, hard Pitch is made of liquid Pitch, by boyling, it ſoftneth and ripeneth hard tumours.

Roſina,

Reſina, Roſin, *Abietina* of the Fir Tree.
Laricea, of the Larth Tree.
Pini, of the Pine Tree.
Terebinthinæ, of the Turpentine.

All theſe *Reſins* differ in qualities, as the Trees do from whence they proceed; good to put into Plaſters.

Saccharum album, white Sugar.
Rubrum, red Sugar.
Cantum album, white Sugar-Candy.
Rubrum, red Sugar-Candy.

Theſe need no deſcription, only note that the whiteſt Sugar is generally the beſt for uſe, becauſe it is not ſo windy, but the red is moſt fit for Clyſters.

Sagapenum, the Juice of Fennell-gigant, it is good againſt Agues, Coughs, and the Falling-ſickneſs.

Sandaracha Arabum, or Juniper Gum, is hot and dry in the ſecond degree, incarnative, and detergent, but *Sandaracha Græcum*, of the Greeks is found in the ſame Mines where *Auripigmentum* is.

Sanguis draconis, Dragons blood is the Juice of a Plant temperate in heat and cold, dry in the ſecond degree, very binding, ſtrengthning, and conſolidating.

Sarcocolla, a Gum, hot in the ſecond, dry in the firſt degree, and is Incarnative, good for Plaſters, and to ſtop defluxions of the Eyes.

Scammonium, Scammony, it is a Juice of a Plant, it muſt be well corrected, and

then may be ſafely given, it purgeth Choler ſtrongly, and being prepared is called *Digrydium.*

Storax calamita, it is called *Calamita*, becauſe it is brought over in Canes, it heats and ſoftneth, and is good againſt Diſtillations, and is an excellent Perfume.

Storax liquida is the moiſture that runs from Myrrh, it is moſt ſophiſticate, that which is right is very precious.

Succinum album white Amber.

Citrinum yellow Amber.

The white is the moſt coſtly, but in powder they both are very white, and are good againſt the Gonorrhœa.

Tartarum vini albi, Tartar of Whitewine, is hot and dry in the third degree, and purgeth by it ſelf, alſo it quickneth other purging Medicaments.

Thus, Frankincenſe, a Gum that is hot in the ſecond and dry in the firſt degree, and is incarnative and conſolidatious, the beſt is the Maſculine called *Olibanum*, it is often ſophiſticated.

Tragacanthum, Gum Dragant, it is cold and moiſt, good for Medicaments of the Eyes inflamed, and againſt all inward heats and excoriations.

Animals,

Animals, their Parts and Excrements.

Deps Anatis, Ducks Greaſe.
Anſeris, Gooſe Greaſe.
Canis, Dogs Greaſe.
Cervi, Deers Suet.
Felis, Cats Greaſe.
Gallinæ, Hens Greaſe.
Hominis, Mans Fat.
Paxi, Badgers Greaſe.
Vrſi, Bears Greaſe.
Axungia Porci, Hogs Greaſe.

All theſe muſt be kept by the Apothecaries for uſe, and are hotter, and moiſter, or dryer, and different according to that Creature they proceed from.

Bezar Occidentalis, Occidentall Bezar, this is a good Counter poyſon, and may be given in a greater quantity.

Orientalis, Orientall Bezar, this will do more in a ſmaller quantity. If they be right, there is no greater Antidote againſt poyſon, nor more effectuall in the world.

Cancrorum fluviatilium oculi, Eyes of River Crabs are a good Cordiall, and heal Wounds taken inwardly.

Cantharides, Spaniſh Flies, ſerve to draw Bliſters, but are dangerous taken inwardly, for they will excoriate and make one piſs blood.

Caſtoreum, good againſt trembling, Palſies, and the Falling-ſickneſs, and againſt Fits of the Mother, it heats and dries, and attenuates. It uſeth to be ſophiſticated alſo, as almoſt all Drugs are, that will beare any price, it is not the Stone, but that which grows neer the Reins of the Bever; for it is fabulous that the Bever bites off his Stones to free himſelf from the Hunter.

Cera flava, yellow Wax, it is hot and ſoftning, and is the ground almoſt of all Plaſters: *Alba*, white Wax is made of yellow Wax by often waſhing it.

Cornu cervi, Hearts Horn is a great Antidote againſt poyſon, and is good to make ſtrengthning Jellies.

Cranium hominis violenta morte extincti, the Skul of a man dying of a violent Death, when it is prepared, it is held to be good againſt the Falling-ſickneſs.

Ebur, Ivory, Elephants Tooth, it is cold and dry, as other Bones are, when it is burnt it is called *Spodium*, good to cool and to ſtop Fluxes of blood.

Hirci ſanguis præparatus, Goats blood prepared, good againſt the Stone.

Ichthyocolla, Iſinglaſs, it is good boyled in Milk to ſtrengthen the Back.

Lucii mandibulæ, the Jaw-bones of a Pike, are exceeding drying; and help to make Bones ſcale.

Lumbrici terræ, Earth-worms prepared are good againſt the Jaundice, and to make an Oyle that eaſeth pain.

Mel,

Mel, Honey, good for the Lungs, and to cleanſe the inward parts.

Moſchus, Muſk, a good Cordiall, but generally naught for Women, for it will make them ſubject to fits of the Mother by its ſweet ſmell.

Mumia, Mummy, good in Plaſters, but given inwardly againſt Bruiſes, is but a ſcurvy Medecine, if it be that men report it to be, yet it is not probable that ſo much of it can be brought to us from the Tombs of *Greece*, when that uſed only to be Embalmed, and as for poore men, they can ſcarce find a place of Buriall, nor can it be the fleſh of dead men, as ſome would have it, for that dries up and conſumes to nothing.

Sanguiſuga, Leeches, good to ſuch away Melancholy blood from the Emrods, and the Aſhes of them is good to take off Hair, and make a part bald.

Sapo venetus, Caſtle Sope may be given inwardly againſt the Stone, and is good in outward applications.

Scincus, the Land Crocodile, the parts about the Loins are held potently to provoke Luſt.

Sepia os, Cuttle bone, is good to make a Dentrifrice to ſcoure the Teeth, and may be put into ſome Collyriums to clear the ſight, and is ſometimes uſed inwardly againſt ſhort breathing.

Serici folliculi, Silkworms Cases, or raw Silk, is a good Cordiall to recreate the Spirits, and is put into Antidotes against Melancholy.

Sevum hircinum, Goats Suet is very resolving, and held to be good for the Gout.

Sperma Ceti, Whales Spawn, some think it is nothing else, though there be one sort of Whale that takes it in, and in which it is found, it is a good Anodyne in Plasters outwardly and inwardly taken helps Bruises.

Vngula Alcis, Elks Claw, good against the Falling-sickness, but the vertue of this Medicament is questioned by reason of the often abuse, where other Beasts-hoofs are commonly substituted for true Elks Claws.

Vnicorum, Unicorns horn, good against poyson; whether the Unicorn be a Beast or a Fish, is yet undetermined: those Horns being commonly found on the Sea-shore.

Zibettum, Civet, this is a great prevailer against the Fits of the Mother, if one or two Grains be laid to the Navel.

Mineralls,

Mineralls, Metalls, and Stones.

Æ Rugo, Verdigrece, it is made of Braſs by the means of ſharp Vinegar, it is a coroding Medicament, put into Plaſters and Unguents to purge foul Ulcers, and to heal them.

Æs uſtum, burnt Braſs, conſumes dead fleſh, binds and dries, and heals Sores.

Alumen rupeum, Roch-Allum, hot and dry in the third degree, very aſtringent, when it is burnt it conſumes dead fleſh. There is another Allum called *Plumeum*, that is to be had at the Apothecaries alſo, though it be ſeldome uſed, unleſs to make ſport, for ſtrewed in the Bed it will make men ſcratch continually.

Antimonium, Antimony, it is an imperfect mixt body, like to Lead in appearance, many admirall Medicaments are made of it.

Argentum foliaceum, Leaf Silver, to ſilver over Pills, and ſometimes to cover Electuaries.

Argentum vivum, Quickſilver, this is alſo the ground of many excellent Medicaments, ſome hold it is hot, and others ſay it is cold.

Arſenicum album, white Arſenick, called Ratsbane, it is a moſt dangerous thing inwardly, one Grain will kill, yet it is ſafely uſed in ſome outward remedies.

Auripigmentum, Orpiment, this is hot in the third degree, and dry in the ſecond, as Arſenick is, and corrupts and mortifies where it is applyed,

applyed, but yet not altogether ſo dangerous, as *Arſenick*.

Aurum foliaceum, Leaf Gold, for Leaf Silver.

Bolus armenius, Bole of Armenia, the beſt fine Bole, good againſt the Plague, very cold and aſtringent, ſafely given inwardly, but common Bole ſerves for Plaſters, white Bole is good againſt the Gonorrhæa, and is uſed in *Holland* for that purpoſe.

Borax, ſtops Fluxes, and given to a woman in Travell haſtens delivery.

Calx viva, quick Lime, is uſed to make water to cure outward Ulcers, and of late is given inwardly for all Uulcers internall, a tincture of *Guaicum* being drawn forth by it, and it is very ſafe and may be often given in a good quantity for the French Pox.

Ceruſſa, white Lead, is made by the means of Vinegar, for Plaſters and for Fucaſies.

Chalcitis, the beſt is like to Braſs, it heats and makes a cruſt upon Ulcers.

Chalybs, Steel, it is prepared, and given often to Maids to open obſtructions of the Spleen, and againſt *Cachexia*.

Chryſocolla, a Minerall *Borax*, it muſt be often waſhed, and then may it be uſed to purge Ulcers.

Cinnabaris, Cinnaber, there are two ſorts, firſt naturall, found in Mines, another made by Art of Brimſtone, and Quick-ſilver, it makes a good Fume for the French Pox.

Chryſtallus,

Chrystallus, Chrystall, it is cold and astringent; breeds Milk in Women, some say it is Ice congealed to a stone, but *Solinus* saith, it is found in some parts of the World where no Ice is to be found.

Granatus, a Garnate stone, is a kind of a Carbuncle, it cheers the heart, and drives away sadness.

Hyacinthus, a Jacinth, strengthens the heart, the fragments of these stones are bought for that use.

Lapis Lazuli Armenius, is not much differing, yet it is not so good as *Lapis Lazuli*, which being prepared is given in Pills to purge Melancholy.

Lapis calaminaris, is good in Plasters to dry up Ulcers.

Lapis Hematites, Blood stone is given to stop blood, and Flux.

Lithargyrus argenti et auri, Litharge of Silver and Gold, are nothing but the recrements of Lead in trying those Mettalls, and are excellent to be used in Plasters.

Magnes, the Loadstone, it is found in Iron Mines, some give it inwardly for Ruptures, and apply the Steil outwardly to the part affected, but methinks the contrary were the safer way.

Minium, red Lead, it is burnt to that colour and makes a good Plaster.

Osseocalla, Bone Glew, it is found in the Palatinate where it is frequently given to soder broken Bones, which it performs very speedily.

Plumbum,

Plumbum uſtum, burnt Lead, good alſo in Plaſters.

Pompholix, or *Nihili album*, it is that comes from Braſs that flyeth up in ſparkles, when the Cadmia is caſt on, and ſticks to the Roof of the Houſe, it is excellent in Plaſters to heal ſore Legs.

Rubinus, a Ruby, he that wears it will dream no ill nor fearfull Dreams.

Sal armeniacus, Sal Armoniac, this is the moſt ſharp of all Salts, and is digged from under the moſt burning Sand, and when it is boyled again, as *Galen* ſaith, it grows more ſharp, this Sal armoniac may be made by Art, yet many men have laboured in vain to make it.

Cardanus, this Salt is that which makes *Aqua Regia*, to diſſolve Gold, being hot in the firſt, and dry in the fourth degree.

Salgemmæ, A Salt that grows upon Rocks, and is uſed in ſome Medicaments to quicken the force of them.

Sal petræ, ſeu *Nitpum*, Salt-peter, beſides the making of Gun powder, it is uſed to make *Sal prunellæ*, which is excellent to cleanſe and ſcoure the mouth, and to cool in hot Feavers.

Sapbirus, the Saphir Stone, it comes from the *Eaſt Indies*, it makes a man chaſt, and cools inward heat, and abates ſweat.

Sardus, it is red and tranſparent, it is a Stone that makes the heart merry, and ſharpens the wit.

Smaragdus, the Emrald, it comforts weak Eyes, and taken in Drink reſtores a man that is poyſoned.

Sub-

Sublimatum, Sublimate, is Mercury sublimed, a dangerous poyson, yet excellent to cure Ulcers externally.

Sulphur, Brimstone, the flower of it called *Flos sulphuris*, is good for the Lunge, cures the Itch, and kills Worms.

Terra Lemnia, Earth of *Lemnos*, this is a moist Earth in the Island *Lemnos*, the Mountain where it is found hath neither Stone nor Tree upon it, it is excellent against Fluxes and Ulcers, but more excellent against poysons.

Topasius, the Topas, It is a stone like to Gold, put this into boiling water, and you may put in your hand into it, and it shall be cold; this was proved at *Paris*.

Tutia officinarum, Tuttie of the Shops, that of *Alexandrina* is the best, it is made when yellow Brass is made, it is excellent for sore Eyes.

Vitriolum album, white Vitriol.

Hungaricum, Vitriol of *Hungaria*.

Romanum, Roman Vitriol.

The white hath more Allum, the green hath more Salt, and the blew hath more Sulphur or Brimstone in it, they are all corroding, and must be well prepared for use.

Vitrum Antimonii, Glass of Antimony, well prepared and exhibited, it is a good Vomit, and cures many Diseases.

Medicaments that the Sea affords.

Ambergrise, Ambergrese, there is much dispute what it is, there are three sorts, but the grey is best, it is good for old people, and very much strengthens the Nerves and the Brain.

Blatta Byrantia, they are also called *Conchæ Odoriferæ*, they are Shells that smell sweet, and serve against hysterical Passions.

Corallum album, and *Rubrum*, white and red Corall, they grow as Trees on Rocks under water, and become hard when they are taken forth, they are cold and dry and very binding, and are good to stop Fluxes.

Corallina, Sea Moss, good to kill Worms.

Margaritæ, Pearls are great Cordialls.

Pumex, Pumex stone, a good dentifrice to rub the Teeth clean.

Spongia, a Spunge, hot in the first dry in the third degree, resolves and dries, the Stones that are found in the Spunge are excellent against a bunch, cold or swelling in the Throat.

SECT.

SECT. II.

OF

WATERS

AND

VINEGARS.

Simple Waters Distilled.

Of Sorrell.	Elder Flowers.
Betony.	Tiel Tree.
Borrage.	Fumitary.
Honey-suckles.	Hyssop.
Carduus Benedictus.	Lettice.
Celandine great.	Balme.
Succory.	Mints.
Scurvygrass.	Wild Poppey.
Eyebright.	Parsley.
Fennell.	Plantain.
Bean Flowers.	Purslain.
Lavender.	Peniroyall.
Lillies of the Valleys.	Nightshade.
Roses.	Troy spawn.

All these Waters are distilled, the ordinary way in a brazen or earthen Vessel, as the matter is of quality, but care must be chiefly taken that they smell not of the Fire.

Water

Water of Centory the leſs, And Graſs Roots.

TAke the Herb Centory the leſs, or of the Roots of Graſs, what you pleaſe. Bruiſe them and ſteep them in water poured on, till it overflow them two fingers breadth, put in a little Salt, let them ſtand to digeſt for ſome daies, till it be ſomething ſowriſh, then diſtill them in *Balneo*, till half the water poured on be drawn off.

I hold it not ſafe to ſet down the quantities of Medicaments, but I wiſh every one that needs them to take advice of the Phyſitian, becauſe the quantities alter according as People differ in Age, Sex, or Conſtitutions, and ſome may take an Ounce of that, of which another may not take one Dram.

Cinnamon

Cinnamon Water.

TAke Cinamon bruiſed, one pound and an half.

Barley water eight pounds, Diſtill them according to Art.

Water of Honey.

TAke Honey what is ſufficient to fill the tenth part of a large earthen gourd Veſſell, or of Glaſs, with a Limbeck of Glaſs, and in a boyling Bath diſtill of the Flegm, or water of Honey, but when the drops begin to grow ſharp, ſet the Veſſell in the Sand, and encreaſing the fire, draw off the ſecond and third Liquor.

Compound Waters.

Water againſt all Venome.

TAke green Walnuts with their Shells, in *June*, four pounds.

Herbs, { *Carduus Benedict.* / *Balme.* / *Rue.* / *Scabious.* / *Scordium.* } Of each 4 Ounces.

The Doſe is an Ounce.

Water

Water againſt the Epilepſie.

TAke Roots of the Male Piones dryed half a pound.

Leaves of *Angelica.* *Frarinella.* *Origanum* of *Crete.* Rue. Sage. — of each one Ounce.

Flowers of Male Piones. Betony, Lillies of the Valleys. Roſemary. Tiel Tree dryed.

Seeds of Orientall Ammi. Nigella, of each half an Ounce. Piony two Ounces Caſia Lignea. Cloves. Cardamomum the leſs. Nutmegs. Oyle of Vitriol; of each two drams.

Break them groſly into powder, and then poure on Spirit of Wine ten pounds, infuſe them for eight daies, keeping the Veſſell cloſe ſtopped, then ſtrein them through a very thick hair Streiner, keep the Liquor ſtreined in a Glaſs cloſe ſtopped.

Water

Water against the Stone in the Kidneys.

TAke Horse-Radish Roots four ounces.
Licoris.
Rest harrow.
Parsley.
Pimpernel of each two Ounces.
Nephritic wood, the inside.
Sassaphras, of each three Ounces.
Ground Juy, four handfulls.

Leaves of Black Ribes.
Betony.
Chervil.
Strawberries, of each two handfuls.

Seeds of Fennell.
Nettles.

Berries. Of winter Cherries, of each two ounces.
Of Juniper one ounce.

Steep them in the Juice of ground Ivy and Rhenish-wine, what may be sufficient for three daies, then distill them according to Art, and keep the Water for use in a Glass well stopped.

Waters against the Palsie.

TAke Roots of *Sarsaparilla*.
Wood of *Guaicum*, of each one pound, and *Sassafras*, three ounces.

Hearbs, Betony.
Calamint of the Mountain.
Germander.
Chamæpithy.
Hyssop.
Marjoram.
Origanum.
Horehound.
Primroses.
Peniroyall.
Rosemary.
Sage.
Serpille Thyme,
Marigolds,
Leaves of French Lavender, of each one handfull;

Infuse them for three dates in a sufficient quantity of Spirit of Wine, That it may swim four fingers breadth above them, then distill them according to Art, and again infuse for twenty four hours in the distilled Liquor,

Roots of Costus bitter,
Pellitory of *Spain*,
Ginger,
White Mustard-seed,

Cloves,

Cloves,
Pepper,
Cinnamon,
Storax Calamita,
Castoreum, of each one Dram.

Distill them according to Art, and keep the distilled water for use in a Glass close stopped.

Water against Fits of the Mother.

TAke Bryonie Roots dryed.

Berries of Elder ripe, and dryed at a gentle heat in a Furnace and cleansed from their Stalks, of each two ounces.

Leaves of Mugwort,
Dittany of *Crete*,
Featherfew,
Nip,
Basil,
Peniroyall,
Rue,
Sabine, all dryed in the Sun, of each half an ounce.
Pills of Oranges the outside, dryed, one ounce and an half.
Myrrh,
Castoreum, of each three Drams.

Saffran one dram

Powder them and ſteep them eight daies in four pounds of the Spirit of Wine; then ſtrein them through a very thick hair Streiner, keep the ſtreined Liquor in a Glaſs very well ſtopt.

Treacle Water.

TAke the outſide Pills of Oranges dryed.

Roots of Butter burr,
Of Licoris,
Pimpernell,
Tormentill, of each two ounces.
Angelica,
White Dittany,
Gentian,
Maſterwort,
Swallow-wort,
Zedoary,

Leaves of Carduus benedictus,
Rue,
Scabious.
Scordium, dryed all, of each one ounce,

Seeds of Sorrell,
Carduus benedictus, of each half an ounce,
Engliſh Saffron two Drams.

Make

Make them all into a groſs powder, let them be ſteeped eight daies in *Balneo*, with twelve pounds of Spirit of Wine, the Veſſell being kept cloſe ſtopt, then ſtrein them through a hair Streiner very thick, add to the ſtreined Liquor Venice Treacle three ounces, Oyle of Brimſtone diſtilled, *per campanum* two Drams, keep them in a Glaſs well ſtopt.

Compound Aquavitæ.

TAke Cinnamon three ounces,

All the Sanders, of each three Drams.
Roots of Avens,
Galanga,
Ginger,
Orange Pills.
Citron Pills, the outward parts dryed, of each two Drams and a half.
Nutmegs,
Cardamom the leſs,
Mace, of each three Drams,

Seeds of Anniſeeds,
Parſnips of *Crete*,
Sweet Fennell,
Baſil, of each one dram and half.

Leaves of Marjoram,

Sage,

Savory, of each half an Ounce,
Flowers of Sweet Gilliflowers,
Roſemary,
Red Roſes, of each two Drams,

Bring them all to a groſs powder, ſteep half of it eight daies in three pounds of Spirit of Wine, then ſtrein it through a thick haire Streiner.

To the other half add,
Powder of Diamargariton frigidum,
Diambra, of each three dramer.

Steep them in the like quantity of Spirit of Wine, and ſtrein them as you did before; put into the ſtreined Liquor,

Ambergriſe,
Musk bound up in a knot, of each half a Scruple.
Julep of Roſes ſix ounces,

Keep both theſe ſtreined Liquors apart in two Glaſſes.

Of Vinegars.

VInegar of Marigold Leaves,
Lavender,
Roſes,
Elder-flowers,
All are made one way.

Take of the dryed Leaves as much as you will,

Wine

Wine Vinegar what is ſufficient.
Set them in the hot Summer Suns in a Glaſs, or a glaſed Pot, with a very narrow mouth, for forty daies or more, then ſet them up for uſe.

Vinegar of Squills.

TAke the Squills firſt cut into little peeces, and put upon a Thread to dry moderately, one pound.
Wine Vinegar eight pounds.
Set them in the Sun, ſtrein them, ſet them up as you did before.

Of Syrups.

Honey Medicaments, and Rob.

Rob is the Juice boyled thicker then a Syrup.

Syrup of Vinegar.

Take clarified Sugar boiled to the conſiſtence to make Tables with four pounds.
Power upon it, and mingle with it in an earthen Veſſell.
White-wine Vinegar what may ſerve,
That without boyling they may be made by ſtirring into a Syrup

Syrup of the Juice of Sorrell.

TAke Sugar, Clarifie it, and boyl it to the consistence of Tablets 4 pound, poure on it, and mingle with it in an earthen Vessell,

Juice of Sorrell clarified, but sinking down, and streined, what may serve turn, That without boyling, stirring it, it may be made of the consistence of a Syrup.

Of Juice of foure Grapes.

Take Sugar clarified, and boyl to the consistence of Tablets, foure pound.

Power upon it, and mingle with it in an earthen Vessell,

Juice of foure Grapes that is new and unsalted, what will serve turn, That without boyling, by stirring, it may come to the consistence of a Syrup.

The same way are made,

Syrup of Quince,
Soure Pomegranates,
Lemmons,

Syrup

Syrup of Scurvigraſs.

TAke Sugar clarified and boyled to the conſiſtence of Tablets 4 pounds.

Diſtilled water of Scurvigraſs what may ſerve turn, That without boyling, by ſtirring it, they may become a Syrup.

Julip of Roſes.

TAke Sugar clarified, and boile to the conſiſtence of Tablets, 2 pounds, poure on and mingle with it Roſewater what may ſerve; That by ſtirring, without boiling they may be made into the conſiſtence of a Syrup.

Syrup of Violets ſimple

TAke Sugar boiled to the conſiſtence of Tablets 2 pounds, poure on it of the Infuſion of freſh Violet Flowers, cleanſed from their ſmall ſtalks, what may ſerve them; that ſtirring them without boyling, they may be made into the conſiſtence of a Syrup.

Syrup

Syrup of Wormwood Compound.

Take Roman Wormwood dried ſix ounces,
Red Roſes two ounces,
Indian Spicknard three Drams.
Bruiſe them and ſteep them four and twenty hours in white Wine that is old and fragrant.
Juice of Quinces purified, of each three pounds.
Boyl them on a ſoft fire to half, then ſtrein them; to the Clarified ſtreined Liquor, add,
Clarified Honey boyled to a Conſiſtence white Sugar, of each one pound.
Boyle them again to the Conſiſtence of a Syrup.

Syrup of Marſh-Mallowes of Fernelius.

Take Roots of Marſh-Mallows two ounces.
Red Ciches one ounce.
Sparagus Roots.
Scraped Licoris
Graſs Roots,
Raiſins cleanſed from their Stones, of each halfan ounce,
Tops of Marſh-Mallows.

Both

Both Maiden-hairs,
Mallows,
Pellitary of the Wall,
Pimpernell,
Herbs. Plantain; of each one handfull.
The four great cold Seeds,
The four leſs cold Seeds bruiſed, of each three drams.

Boyl them in a ſufficient quantity of water, till a third part be conſumed: let the ſtreined Liquor be boyled with four pounds of white Sugar to the conſiſtence of a Syrup.

Syrup of Mugwort of Fernelius.

TAke Fennell,
Elecampane,
Orris,
Roots of Lovage,
Piony,
Madder; of each half an ounce.

Herbs of Mugwort two handfulls.
Betony,
Calamint,
Germander,
Chamæpithy,
Hyſop,
St. Johns Wort,
Marjoram,

Marjoram,
Featherfew,
Balm,
Nip,
Origanum,
Horehound,
Penyroyall,
Seeds of Soril, of each one handfull,
Aniseed,
Daucus,
Fennell,
Nigella,
Basill,
Parsley,
Rue, of each three Drams,

Bruise them and chop them, and steep them 24 hours in

Hydromel that is thin, what may suffice; boyl them according to Art, with Sugar 5 pounds. Then boil them again for a Syrup to be spiced with,

Cinnamon one ounce,
Indian Spike three Drams.

Syrup of Juice of Betony.

TAke Juice of Betony purified, three pounds, white Sugar one pound and half; boyle them to the Consistence of a Syrup.

These

Theſe that follow are made the ſame way with the former.

Syrups of { *Borrage*, *Carduus Benedictus*, *Succory* ſimple, *Scabious*, Syrup of Oak of *Jeruſalem*.

Take Herbs, Oke of *Jeruſalem* three handfuls,
Of *Eryſimum*,
Nettles, of each two handfuls,
Red Cabbage,
Coltsfoot, of each one handfull and halfe; Boyl them in ſufficient quantity of water: To the ſtrained Liquor add,
White Sugar two pounds and an half; Clarifie them, and boyl them to a Syrup.

Syrup Byzantine.

TAke Juice of Smallage,
Garden Endive, of each two pounds,
Bugloſs,
Hops, of each one pound.
Boyl them and purifie them till they be clear, and with three pounds of Sugar, boyl them to a Syrup.

Syrup

Syrup of Maiden-Hair.

TAke the herb Maiden-hair fresh gathered, and cut a little, 5 ounces.
Roots of Licoris scraped, 2 ounces.
Steep them 24 hours in sufficient quantity of hot water, then boyl them according to Art.
To 5 pounds of the clarified Liquor, add Sugar four pounds; boyl them to a Syrup.

Syrup of Succory with Rheubarb.

TAke roots of Shallage,
Sparagus,
Fennell new gathered, of each two ounces.
Succory,
Garden Endive,
Dandelion, of each two handfuls,
Fumatory,
Liverwort,
Herbs. Lettice,
Hops,
Smooth Sowthistle,
Maiden-hair,
Whole Barley, of each one ounce and half,
Winter Cherries,
Licoris scraped, of each six Drams.

Boyl

Boyl them in a sufficient quantity of water, till a third part be wasted, then strain them, adding unto the streined Liquor,

White Sugar 4 pounds,

Clarifie them, and boil them to a Syrup.

In the mean time,

Take the best Rheubarb, 4 ounces,

Indian Spicknard, 2 drams,

Infuse them in a sufficient quantity of the aforesaid Decoction, and after a little boyling, easily strein and press them out, and mingle the Liquor pressed forth with the former Syrup, at the end of the boyling thereof.

Syrup Diacrion.

TAke Roots of Angelica,

Smallage, Sparagus,

Fennell Roots fresh gathered,

Liverts, of each one ounce,

Polypodie of the Oak one ounce and half,

Bark of *Tamarisk* half an ounce,

Maiden-hair,

Bugloss,

Germander,

Herbs. Chamepyth,

Hyssop,

Origanum,

Harts-tongue

Syrup of Maiden-Hair.

TAke the herb Maiden-hair fresh gathered, and cut a little, 5 ounces.
Roots of Licoris scraped, 2 ounces.
Steep them 24 hours in sufficient quantity of hot water, then boyl them according to Art.
To 5 pounds of the clarified Liquor, add
Sugar four pounds; boyl them to a Syrup.

Syrup of Succory with Rheubarb.

TAke roots of Shallage,
Sparagus,
Fennell new gathered, of each two ounces.
Succory,
Garden Endive,
Dandelion, of each two handfuls,
Fumatory,
Liverwort,
Herbs. Lettice,
Hops,
Smooth Sowthistle,
Maiden-hair,
Whole Barley, of each one ounce and half,
Winter Cherries,
Licoris scraped, of each six Drams.

Boyl

Boyl them in a ſufficient quantity of water, till a third part be waſted, then ſtrain them, adding unto the ſtreined Liquor,

White Sugar 4 pounds,

Clarifie them, and boil them to a Syrup.

In the mean time,

Take the beſt Rheubarb, 4 ounces,

Indian Spicknard, 2 drams,

Infuſe them in a ſufficient quantity of the aforeſaid Decoction, and after a little boyling, eaſily ſtrein and preſs them out, and mingle the Liquor preſſed forth with the former Syrup, at the end of the boyling thereof.

Syrup Diacnicu.

TAke Roots of Angelica,

Smallage, Sparagus,

Fennell Roots freſh gathered,

Liccoris, of each one ounce,

Polypod of the Oak one ounce and half,

Bark of *Tamarisk* half an ounce,

Herbs. Maiden-hair,
Bugloſs,
Germander,
Chamepyth,
Hyſop,
Origanum,

Harts-tongue

Harts-Tongue,
Thyme, of each half a handfull,
Dodder,
Winter Cherries, of each half an ounce,
Rayſins ſtoned, 2 ounces,
Wild Saffron Seed bruiſed 4 ounces and an half,
Anniſeeds,
Ammi,
Daucus.
Fennell Seed, of each one ounce.

Boyl them in a ſufficient quantity of water, till a third part be conſumed: And to the ſtreined Liquor, add

VVhite Sugar Clarified 2 pounds,

Boyl them to a Syrup.

In the mean time,

Take Sena Leaves cleanſed 4 ounces,
Choice Rubard one ounce and half,
Agarick in Trochiks half an ounce,
Ginger one dram.

Infuſe them hot for a Night in a ſufficient quantity of the former Decoction, boyl them gently the next day, ſtrein and preſs them out, mingle them with the formoſt Syrup, at the end of the boyling thereof.

Syrup

Syrup of Diacodium:

TAke twenty white Poppy-Heads without the seeds,
Sweet Gods without the Kernells, 3 ounces,
Roots of Marsh-Mallows,
Scraped Licoris, of each 2 ounces,
Boile them according to Art in a sufficient quantity of water, and to the streined Liquor, add,
Brown Sugar-Candy one pound and an half, boile them to the consistence of Honey, or of a thick Syrup.

Syrup of Fumitary.

TAke Roots of Polypod of the Oak, two ounces,
Herbs. Roman Wormwood,
Dodder,
Endive,
Hearts-tongue,
Hops, of each one handfull,
Epithyne, one ounce and an half,
Boile them in sufficient quantity of water, till half be consumed: Add to the streined Liquor,
Juice of Fumitary one pound and half,
Of Borrags,
Bugloss, of each half a pound,
White Sugar 4 pounds.
Boil them to a Syrup.

Syrup of Licoris.

TAke Roots of Licoris ſcraped, 2 ounces,
Coltsfoot 4 handfulls,
Herbs. Maiden-hair one ounce,
Hyſop half an ounce,
Infuſe them 24 hours in a ſufficient quantity of water, then boile them till one half be waſted; add to the ſtreined Liquor,
The beſt clarified Honey,
White Sugar, of each one pound.
Boile them to a Syrup.

Syrup of Hyſop.

TAke Herbs, dryed Hyſop one ounce and half,
Maiden-hair 6 drams.
Roots of Smallage,
Fennell,
Parſley, all freſh gathered,
Licoris ſcraped, of each X drams,
Jujubes.
Sebeſtens, of each 30.
Fat Figs,
Fat Dates,
Raiſins ſtoned, one ounce and half,
Cleanſed Barley half an ounce,
Quince ſeeds,
Mallow ſeeds, of each 3 drams,
Boile them in a ſufficient quantity of water; add

add to the streined Liquor,

The whitest Sugar 3 pounds, Clarifie it and boile it to a Syrup.

Syrup of Jujubes,

Take, Jujubes 60.

Clean Barley,

Roots of Licoris scraped,

Herbs Maiden-hair, of each one ounce,

Flowers of Violets,

Seeds of Mallows, each 5 drams,

Quinces,

Lettice.

Melons,

White Poppie, of each 3 drams.

Boile them in sufficient quantity of water, till half be consumed; add to the strained Liquor,

White Sugar clarified 2 pounds, boile them to a Syrup.

Syrup of Mints.

TAke Juice of Mints one pound,

Of Quinces,

Soure Pomegranates purified,

Infusion of red Roses, of each half a pound,

White Sugar,

Honey clarified, of each one pound and half,

Boile them into a Syrup, and about the end of boiling it, aromatise it with the Powder of *Diarrhodion Abatis*, bound in a linnen Clout, half an ounce, set it apart for use.

Syrup of Myrtils.

TAke Myrtil Berries 2 ounces and a half,
Unripe Medlars half a pound,
Barbery Seeds, or Sumach, or Rhois of the Shops,
Flowers of wild Pomegranates,
Red Roſes,
White and red Sanders, of each one ounce and half,
Bruiſe them and boile them in water ſufficient, till a third part be conſumed, preſs it out; add thereto,
Clarified Sugar 5 pounds,
Boile them again to a conſiſtence of a Syrup, adding,
Juice of Quinces,
Soure Pomegranates purified, of each two pounds,
Make an Artificiall Syrup.

Syrup of Poppies.

TAke of the heads of white Poppies, ripe and dryed, 10 ounces,
Boile them in a ſufficient quanty of water to half; to the ſtreined Liquor add,
White Sugar 2 pounds and half, boile them to a Syrup.

Syrup

Syrup of Purslain.

TAke Juice of Purslain one pound,
Daisies,
Strawberries,
Lettice,
Plantain,
Middle Housleek,
Violets purified, of each two ounces,
Quince seeds two drams,
White Sugar 2 pounds,
Boile them to a Syrup.

Syrup of 5 opening Roots.

TAke Roots of Smallage,
Sparagus, Fennel,
Parsley,
Buschers Broom new gathered, of each foure ounces,
Boile them in sufficient quantity of water; to the streined Liquor, add
White Sugar 4 pounds,
Clarifie them and boile them to a Syrup.

Syrup of dried Roſes.

TAke red Roſes dryed one pound,
Infuſe them in hot water ſufficient 24 hours;
to the Liquor ſtreined and preſſed out, add
White Sugar, 2 pounds,
Boile them to a Syrup.

Syrup of Roſes ſolutive.

TAke the Infuſions of damask Roſes nine times renewed, 5 pounds,
Sugar clarified 4 pounds,
Boile them to a Syrup.

Syrup of Roſes ſolutive with Sena.

TAke Sena Leaves cleanſed 8 ounces,
Anniſeed,
Sweet Fennel ſeed; of each half an ounce.
Infuſe them two daies in the manifold Infuſion of damask Roſes, a quantity ſufficient: to the ſtreined Liquor preſsed out, and add
white Sugar 2 pounds,
Boile them to a Syrup.

Syrup

Syrup of Stęchas, *or French Lavender.*

TAke Flowers of *Stœchas* 4 ounces,
Herbs, Betony,
Calamints,
Origanum,
Thyme, of each one ounce and half,
Sage,
Flowers of Rosemary, each half an ounce,
Seeds of Fennel,
Piony,
Rue, of each 3 drams.
Boile them in sufficient quantity of water to half; add to the streined Liquor,
The best Honey, each 2 pounds.
Clarifie them and boile them to a Syrup.

Syrup of Comfrey of Fernelius.

TAke Roots and tops of Comfrey the great,
Herbs, Daisie, Roots and all, of each 3 parts,
Betony,
Burnet,
Plantain,
Knotgrass,
Scabious,
Coltsfoot,
Leaves of red Roses, of each 2 parts.

Press out the Juice of them all whilst they are green being first pounded, boile it and clarifie it, and to three pounds of it, add

White Sugar two pounds and an half.

Boile all to a Syrup.

Compound Syrup of Violets.

TAke five handfulls of green Violet Leaves,
Of Quince seeds,
And Mallows; of each 7 drams.
Jujubes,
Sebestens; of each 20.

Boile them according to Art, in a sufficient quantity of Barley water, and add to the Liquor streined,

White Sugar, one pound and an half.

Boile them to a Syrup.

Honey of the Herb Mercury.

TAke 3 pounds of the Clarified Juice of Mercury,
Of Honey very well skimmed 4 pounds.

Boile these at a gentle fire to the consistence of a Syrup.

Honey

Honey of Roſemary:

TAke tops of Roſemary with the Flowers dryed in the ſhade, one pound.
Steep them a little in a ſufficient quantity of water, then with three pounds of the beſt clarified Honey, boile them at an eaſie fire, and whilſt they are yet hot ſtrein them through a linnen Cloath.

Honey of Centory and Roſes are made the ſame way.

Honey of Roſes ſolutive:

TAke three pounds of the manifold infuſion of damask Roſes,
Honey well clarified 4 pounds,
Boile them to a Syrup.

Oxymel ſimple:

TAke Honey well clarified as much as you pleaſe,
Melt it over hot Embers in an earthen Veſſell, and when it is melted, mingle with it,
Wine Vinegar what is ſufficient, that ſtirring of

of it without boiling, you may make it like a Syrup.

Oxymel of Squils.

TAke Honey well Clarified, what you please, Melt it as before, and then mingle with it, Vinegar of Squils, what is ſufficient, that ſtirring it without boiling, it may come to the Conſiſtence of a Syrup.

Syrup of Mulberries.

TAke the Juice of unripe Mulberries, and Blackberries, of each one pound,
Honey well skimmed one pound and half.
Boile them according to Art, to the thickneſs of a Syrup.

Rob of common Acacia, *or Slows.*

TAke the Berries of unripe Sloes, as many as you please,
Boile them untill they be ſoft, pulp them through a Sive, and add to one pound of the Pulp, Wite Sugar two pounds.
Boile them to the thickneſs of Rob.

Rob

Rob of Barberries, and of Garden Currance.

TAke the Juice of Barberries, or Currance preſſed forth 2 pounds,
White Sugar one pound.
Boile them to the thickneſs of Rob.

Of Condites and Conſerves.

Roots.
Of common Acorus.
Succory,
Elecampane,
Eryngo's,
Satyrion,
Scoronera,
Ginger,
Pils
Of Oranges,
Citrons,
Stalks
Of Lettice,

Flowers
Of Oranges,
Citrons,
Fruits,
Barberries.
Cherries,
Heart-Cherries,
Myrobolans,
Walnuts,
Nutmegs,
Goosberries,
The fleſh and Juice of Quinces.

Purging Currance.

TAke clean Sena leaves 8 ounces,
Sweet Fennel ſeeds one ounce.
Infuſe them one Night in a warm place, in a ſufficient quantity of the manifold Infuſion of damask Roſes, in the Morning let them boil a little eaſily, preſs and ſtrein forth the Liquor, and to one pound and half of it, add,

Clarified

Clarified white Sugar one pound and an half,

Currance cleanſed from filth, one pound,

Boile them to the thickneſs of a *Syrup*.

Conſerve of Flowers:

Flowers of	Flowers of
Betony,	Sage,
Borrage,	Comfrey,
Marrigolds,	Violets.
Clove Gilliflowers,	*Herbs.*
Succory,	Wormwood,
Eyebright,	Roman,
Mallows,	Common,
White-water Lillies	Sorrel,
Pionies,	Balme,
Roſes, damask and red,	Mints,
Roſemary,	Soure Trefoly,

To every pound of them being dryed, add three pounds of Sugar, but when they are moiſt, add but two pounds of Sugar to one pound of the Flowers.

Sugar

Sugar with Pearls, is a good Restorative and preserves Nature:

TAke the whiteſt *Sugar* one pound,
Water of damask Roſes what is ſufficient.
Boile them into the conſiſtence of Lozenges, and at the end of the boiling, mingle with them,
Perls prepared and poudred half an ounce.
Caſt it on a Marble and make Lozenges.

Sugar of Marſh-Mallows:

TAke of the pulp of Marſh-Mallow Roots 3 ounces,
White *Sugar* finely powdred, one pound,
Roſewater what is ſufficient.
Make Lozenges according to Art,
Thyme, of each one ounce,
Anniſeeds,
Fenel ſeeds,
Red Roſes, of each half an ounce.
Infuſe them and boile them according to Art, In a ſufficient quantity of Whey, ſtrein and preſs it forth, and add to it,
Juice of Fumitary,
Clarified *Sugar*, of each one pound and an half.

Boile

Boile all to the conſiſtence of Honey, ſtrein it forth and add,

Pulp of Caſſia,
Prunes, Tamarinds,
Manna of *Calabria*, of each one ounce and half.

Boile it to a fit body, and ſtrew in,

Leaves of Senna cleanſed,
Choice Reubarb, of each one ounce,
Scammony prepared one ounce and half,
Seeds of Fumitary,
Anniſeeds,
Indian Spicknard, of each two drams.

Make an Electuary according to Art.

Half an ounce of this cures Scabs, and purgeth ſalt humours and Melancholy, but the Doſe muſt be according to the Patients ſtrength, and ſo in all the reſt.

Diacarthamum.

TAke the Kernells of the Seeds of wild Saffron,
Gummy Turbith, of each one ounce,
Hermodactils,
Scammony prepared,
Licoris ſcraped, of each half an ounce,
Ginger,
Cinnamon, of each ½ drams.
Choice Manna,
Honey of Roſe, of each one ounce,
White Sugar diſſolved in Juice of Quinces, one pound.

Make

Make an Electuary according to Art.

Half an ounce of this is good to purge the Gout; It is a strong Purgation, and so it had need be where the humours are so remote.

Diacatholicon.

TAke Roots of Polypod of the Oke, 4 ounces,

Fennel seeds six drams.

Boil them according to art, in a sufficient quantity of water, strein them, and add to the streined Liquor,

White Sugar 2 pounds.

Boil them to a Syrup, in which dissolve Pulp of Cassia and Tamarinds, of each two ounces.

To these dissolved, add,

Senna Leaves cleansed two ounces,

Choice Rheubarb,

Mechoacan not rotten, of each one ounce,

Anniseed half an ounce,

The four great cold Seeds cleansed,

Licoris Roots scraped,

Violet Flowers, of each two drams.

Make an Electuary according to Art.

This is best in Clysters, a reasonable body may take six drams, or an ounce of it in *Bolus*.

Diaphœnicon

Diaphœnicon:

TAke the Pulp of Dates cleanſed, and ſteeped in Vinegar, and pulped through a Sive, well evaporated, one pound,
*S*weet Almonds blanched 3 ounces.
To theſe bruiſed and mingled, add
Honey clarified 2 pounds.
Boile them a little, then ſtrew in theſe Powders following;
Turbith finely powdred 4 ounces,
*S*cammony prepared one ounce and an half,
Ginger,
Galanga,
Lignum, Aloes,
Cinnamon,
Mace,
Rue Leaves dryed,
Pepper,
Fennel *S*eed,
Daucus ſeed, of each two drams.
Make an Electurary according to Art,
Half an ounce of this in a Clyſter,
Is good againſt the Cholick.

Diaprunis

SECT. V.

Solutive ELECTUARIES.

Benedictum Laxativum.

TAke the Roots of Gummy Turbith,
Of Esula prepared, of each 10 drams,
Hermodactyls,
Scammony prepared,
Leaves of red Roses, of each 5 drams,
Roots of Acorus,
Galanga,
Indian Spicknark,
Ginger,
Saffran,
Mace,
Cloves,
Long Pepper,
Seeds of Smallage,
Sparagus,
Lesser Cardamom,
Caraway,
Fennel,
Grommel,
Kneeholm,
Saxifrage,
Sal Gemmæ, of each one dram,
Honey well skimmed, three times the quantity.

Diaphœnicon:

TAke the Pulp of Dates cleanſed, and ſteeped in Vinegar, and pulped through a Sive, well evaporated, one pound,
*S*weet Almonds blanched 3 ounces.
To theſe bruiſed and mingled, add
Honey clarified 2 pounds.
Boile them a little, then ſtrew in theſe Powders following;
Turbith finely powdred 4 ounces,
*S*cammony prepared one ounce and an half,
Ginger,
Galanga,
Lignum, Aloes,
Cinnamon,
Mace,
Rue Leaves dryed,
Pepper,
Fennel *S*eed,
Daucus ſeed, of each two drams.
Make an Electurary according to Art,
Half an ounce of this in a Clyſter,
Is good againſt the Cholick.

Diaprunis

SECT. V.

Solutive ELECTUARIES.

Benedictum Laxativum.

TAke the Roots of Gummy Turbith,
Of Esula prepared, of each 10 drams,
Hermodactyls,
Scammony prepared,
Leaves of red Roses, of each 5 drams,
Roots of Acorus,
Galanga,
Indian Spicknark,
Ginger,
Saffran,
Mace,
Cloves,
Long Pepper,
Seeds of Smallage,
Sparagus,
Lesser Cardamom,
Caraway,
Fennel,
Grommel,
Kneeholm,
Saxifrage,
Sal Gemmæ, of each one dram,
Honey well skimmed, three times the quantity.

Make an Electuary according to Art.

Take half an ounce, it is good againſt the Stone, but purgeth ſtrongly. I wiſh that ignorant people would not meddle with ſtrong Purgatives without the Phyſitians advice.

Diaprunis ſolutive.

TAke the Pulp of Prunes that are ſharp and ſweet, made thick one pound,

Tamarinds,

Caſſia diſſolved in the decoction of Prunes, of each two ounces,

Clarified Sugar 2 pounds,

Stirring them, boile them together till they grow thick, then ſtrew in theſe Powders following,

Scammony prepared 2 ounces.

Rheubarb one ounce,

Cinnamon half an ounce.

Flowers of Violets,

Red Roſes,

Seeds of Cucumbers,

Purſlain,

Juice of Licoris, of each 2 drams,

Yellow Sanders,

Gum Tragant, of each 1 dram.

Make an Electuary according to Art.

This purgeth ſtrongly by reaſon of the Scammony, and is no ſafe Purge by it ſelf, though

be commonly uſed, you may venture upon half an ounce.

Hiera Diacolocynthidos.

TAke Pulp of Coloquintida,
Agarick,
Germander,
Horehound,
Arabian Stœchas, of each ten drams,
Opoponax,
Sagapenum,
Round Birthwort,
Parſley ſeed,
White Pepper, of each 5 drams,
Cinnamon,
Indian Spicknard,
Poley,
Saffran,
Myrrh, of each 4 drams,
Honey clarified 3 pounds.

Make an Electuary according to Art.

This is only for Clyſters, half an ounce will ſtrongly purge groſs humours.

Hiera picra of Galen:

TAke clear Aloes ſuccotrina 1 pound, and half an ounce, or a hundred drams,
Cinnamon,
Lignum Aloes,
Roots of Aſarum,
Indian Spicknard,
Saffran,
Maſtick, of each ſix drams,
Honey Clarified, three times as much.
Make an Electuary according to Art.

This ſhould be made with waſht Aloes. It is ſo diſtaſteful that few will uſe it, yet it purgeth the Stomach of cholerick humours.

Lenetivum:

TAke Raiſins cleanſed from the ſtones, two ounces,
Herb Mercury 3 handfulls,
Freſh Maiden-hair,
Flowers of Violets,
Barley cleanſed, of each one handfull,
Licoris Roots ſcraped,
Fennel ſeed, of each half an ounce,
Jujubes,
Sebeſtens, of each 20.

Prune

Prunes,
Tamarinds, of each 1 ounce,
Freſh roots of Polypod of the Oak,
Clean Senna Leaves, of each two ounces,
Boile them according to Art in a ſufficient quantity of water, and add to the Liquor ſtrained,
Pulp of Caſſia,
Tamarinds,
Prunes, of each 4 ounces,
White Sugar 1 pound,
The beſt Honey half a pound,
Senna Leaves cleanſed 3 ounces and half,
Anniſeed 3 drams,
Make an Electuary according to Art.
Of this a weak body may take 6 drams, or an ounce, it purgeth gently and ſafely.

Of the Juice of Roſes:

TAke the Juice of freſh damask Roſes Clarified.
White Sugar, of each 1 pound and half.
Boile them according to Art, and about the end ſtrew on,
Scammony prepared, 1 ounce and half,
Of all the Sanders,
Cinnamon well powdered, of each 2 drams.
Make an Electuary according to Art.
This is a ſtrong Purgative, and not fit to take by it ſelf.

SECT. VI.

OF

ANTIDOTES

AND

OPIATS.

Treacle of Andromachus the elder.

TAke Trochisks of Squils 6 ounces,
Of Vipers,
Magma of Hedychroum,
Opium prepared,
Long Pepper, of each 3 ounces,
Roots of Orris Florentine,
Agaric white and light,
Cinnamon,
Scordium of *Crete*, or of our own Country,
Red Roſes,
Seeds of Rapes, or Turneps,
Oyle of Nutmegs by expreſſion, for *Opobalſamum*,
Juice of Licoris, 1 ounce and half,

Roots

Roots of ſweet Coſtus,
Five leaved Graſs,
Raponticum, or for want of that Rheubard,
Indian Spicknard,
Ginger,
Caſſia lignea,
Leaves of Dittany of *Crete*,
Mountain Calamint,
Horehound,
Camels Hair,
Arabian Stæchas,
Engliſh Saffran,
Pepper white, and black,
Seeds of true Macedonian Parſley,
Myrrh,
Male Frankinſence,
Cyprus Turpentine, of each 6 drams,
Roots of Acorus, or of our own ſweet Cane,
Gentian,
Meu Athamanticum,
Phu, or Valerian,
Celtick Spike,
Leaves of Germander,
Ground Pine,
Bays for Malabathrum,
White Mountain Poly,
Freſh Juniper Berries, for *Carpo balſamum*,
Seeds of Biſhops Weed,
Anniſeeds,
Cardamom the leſs,
Fennel,
St. Johns Wort,

Seſely of Maſſilia,
Tolaſpis,
Garyophilly of Plinie, for Amomum,
True bole Armeniac, for Terra lemnia,
Vitriol calcined untill it be of an Aſh colour,
Gum Arabick checquerd,
Sagapenum,
True Styrax calamita,
Juice of Hypociſtis,
True Acacia, of each half an ounce,
Roots of ſmall Birthwort,
Seeds of Daucus of *Crete*,
Opoponax,
Galbanum,
Caſtoreum,
Bituumen of *Judæa*, of each two drams, the beſt Canary Wine what may ſuffice to diſſolve the Gums and Juices,
Honey of *Narbon*, three times the quantity,
Make an Opiat according to Art.

Half a dram, or a dram of this, according as the Patient is, is a good Cordiall in ſickly times to make one ſweat.

Mithridate of Damocrates,

TAke Engliſh Saffron,
Myrrh,
Male Frankincenſe,

Ginger

Ginger,
Agarick white and light,
Indian Spicknard,
Cinnamon,
Seeds of Treacle, Muſtard, of each ten drams.
Seſely of Marſeilles,
Sweet Coſtus,
Bay leaves, for Malabathrum,
Camells Hair,
Arabian Stæchas,
Long Pepper,
Caſtoreum,
Storax calamita, not ſophiſticate,
Galbanum,
Opoponax,
Juice of Hypociſtis,
Cyprus Turpentine,
Oyle preſſed out of Nutmegs, for Opobalſamum, of each 8 drams,
Caſſia lignea,
White Poley Mountain,
Scordium of *Crete*, or of our own Country,
White Pepper,
Juniper Berries, for Carpobalſamum,
Seeds of Daucus of *Crete*,
Bdellium,
Troches Cyphei, of each 7 drams,
Roots of Gentian,
Spica celtica,
Dittany of *Crete*,
Seeds of true Macedonian Parſly,
Grains of Paradice,
Fennel,

Red

Red Roſes,
Gum Arabick Checquerd,
Opium prepared, of each 5 drams,
Roots of true Acorus,
Aſarum,
Phu, or Valerian,
Anniſeed,
Sagapenum, of each 3 drams,
Meu Athamanticum.
Seeds of St. Johns Wort,
True Acacia,
Of the Belly of Land-Crocodiles, of each 2 drams and half,
The beſt Canary Wine, what is ſufficient to diſſolve the Gums and the Juices,
Honey of *Narbon* three times as much,
Make an Opiate according to Art.

This is of the ſame nature with the former, but not altogether ſo ſtrong, you may take a dram to provoke Sweat.

Diaſcordium of Fracaſtorius.

TAke dried Leaves of Scordium,
Red Roſes, of each one ounce,
True bole Armeniac 2 ounces,
Roots of Biſtort,
Gentian,
Tormentill,
Caſſia lignea,
Cinnamon,

Dittany

Dittany of *Crete*,
Sorrel ſeed,
Storax calamita,
Galbanum,
Gum Arabick checquerd, of each half an ounce,
Opium prepared,
Ginger,
Long Pepper, of each 2 drams,
Clarified Honey 3 pounds,
The beſt Canary Wine what is ſufficient.

Make an Opiat according to Art.

One dram of this is very good againſt the Meaſels and ſmall Pox.

Theriaca Diateſſaron of Meſueus.

TAke Roots of round Birthwort,
Gentian,
Bay Berries,
Myrrh, of each two ounces,
Clarified Honey two pounds,

Make an Electuary according to Art.

This may be taken as an Antidote, but I hold it more fit for an Injection to cleanſe Wounds.

Confectio

Confectio Alkermes.

TAke the Syrup of the Berries of skarlet Oak, brought to
Montpeiller, or Lyons, 2 pounds and half, heat it, and add to it,
Ambergreiſe cut very ſmall 2 drams, the Amber being melted, ſtrew in theſe things that follow in powder,
Lignum Aloes,
Cinnamon, of each 6 drams,
Lapis Lazuli prepared,
Pearls prepared, of each 2 drams,
Leaves of Gold 1 dram,
Make an Electuary according to Art,
Take half a Scruple, or a *Scruple*, with other things, becauſe it is ſo impleaſant by it ſelf: it cheers the Heart and Spirits.

Confection of Jacinths.

TAke Jacinths,
Red Corall, of each half an ounce,
True bole Armeniac 1 ounce,
Berries of Kermes,
Roots of Tormentill,
White Dittany,
Seeds of Sorrell,
Lemmons,

Purſlain,

Purſlain,
Leaves of red Roſes,
Saffran,
All the Sanders,
Shavings of Ivory, of each 4 Scruples,
Hearts-horn 3 drams,
Saphir,
Emrald,
Topas,
Pearls,
Raw Silk,
Gold,
Silver Leaves, of each 2 Scruples,
Syrup of Lemmons what may ſuffice.

Make an Electuary according to Art.

This is a great Cordiall and cools the body, take half a Scruple.

Philonium of Meſues:

Let not common people meddle with Opiats without advice.

TAke Seeds of white Henbane,
White Pepper, of each 20 drams,
Opium prepared, 10 drams,
Saffran 5 drams,
Roots of Pellitory of *Spain*,
Indian Spicknard,
Caſtoreum, of each 1 dram,
Clarified Honey three times as much.

Make an Opiat according to Art.

This

This and that which follows are to provoke sleep, but they are not to be given at all times, nor to all persons.

Requies of Nicolaus.

TAke red Rose-leaves,
Violets, of each 3 drams,
Seeds of white Henbane,
Lettice,
White Poppy,
Purslain,
Feu Seed,
Endive,
Bark of Mandrake Roots,
Opium prepared,
Ginger,
Nutmeg,
Cinnamon, of each 1 dram and half,
All the Sanders,
Spodium of burnt Ivory,
Gum Dragant, of each 2 Scruples,
Clarified Honey thrice as much,
Make an Opiat according to Art.

SECT.

SECT. VII.

OF

POWDERS.

Purging Powders.

Diasenna of Montagnanus.

TAke Senna Leaves cleansed 2 ounces,
Cremor Tartar half an ounce,
Sweet Fennel seed 2 drams,
Mace,
Cinnamon,
Sal gemmæ, of each 1 dram.
Make a Powder,
You may take 1 dram, and it purgeth gently.

Diaturbith with Rheubarb.

TAke Turbith that is gummy,
Hermodactils, not eaten with Worms,
Choice Rheubarb, of each 1 ounce,
Scammony

Scammony prepared, half an ounce,
Sanders white and red,
Ginger,
Violets, of each 1 dram and half,
Maſtick,
Anniſeed,
Cinnamon,
Engliſh Saffran, of each half a dram,
Make a Powder,

This purgeth too, and is ſtronger then the former.

Hiera ſimple of Galen:

TAke clear Aloes Succotrina, a hundred drams,
Cinnamon,
Lignum Aloes,
Roots of Aſarum,
Indian Spicknard,
Saffran,
Maſtick, of each 6 drams.
Make a Powder.
See the Electuary.

Aromatick

Aromatick Powders.

Aromaticus Roſaceus Gabrielis.

TAke red Roſes 15 drams,
Scraped Licoris 7 drams,
Choice Cinnamon 5 drams,
Lignum Aloes,
Yellow Sanders, of each 5 drams,
Gum Arabick,
Dragant,
Mace,
Cloves, of each two drams and half,
Indian Spike,
Nutmegs,
Grains of Paradice,
Galanga, of each one dram,
Make a Powder,

These Powders are not taken by themselves, but some 10 or 20 Grains with other Ingredients, as the Cause is.

Diacalaminthes.

TAke the herb Mountain Calamint,
Origanum.
Pennyroyall,
Seeds of Macedonian Parsley,

Common Parsley,
Seseli, of each 2 drams,
Smallage,
Tops of Thyme, of each half an ounce,
Black Pepper,
Lovage seed, of each one ounce.

Make a Powder.

This is good against the wind, and to provoke the Terms.

Diagalanga of Mesues:

TAke Roots of Galanga,
Lignum Aloes, of each 6 drams,
Roots of sweet Calamus,
Ginger,
Cinnamon,
Mace,
Cloves,
Pepper, white, long,
Seeds of Cummin,
Lovage,
Outward Orange Pills,
Citron Pills the outside dried, of each one dram and half,
Herbs, Calamint,
Mints dried,
Indian Spicknard,
Annifeed,
Smallage Seed,
Grains of Paradice,

Caraway,
Fennel, of each one dram.
Make a Powder.
This helps Concoction.

Diaireos simple:

TAke roots of Orris Florentine half an ounce,
White Sugar-Candy,
Powder Diatragacanthum frigidum, of each 2 drams.
Make a powder.
This is good against a Cold.

Dialacca the greater:

TAke Lac prepared,
Rheubarb,
Camels Hair, of each three drams,
Roots of round Birthwort,
Asarum,
Costus,
Gentian,
Madder,
Indian Spike.
Cassia lignea,
Cinnamon,
Saffran,

Herbs, Savin,
Hyſop,
Juice of Wormword condenſed,
Of water Eupatory condenſed,
Bitter Almonds,
Seeds of Biſhops Weed,
Anniſeed,
Smallage,
Fennel,
Bdellium,
Maſtick,
Myrrh, of each 1 dram and half,
Pepper,
Ginger, of each 1 dram,
Make a powder.
This is good for the Liver and the Spleen.

Diamargariton frigidum:

TAke clear Perls 3 drams,
Lignum Aloes,
All the Sanders,
Cinnamon,
The four leſſer cold Seeds,
White Poppy ſeeds,
Myrtill Berries,
Flowers of Bugloſs,
White-water Lillies,
Red Roſes,
Violets,
Hearts-horn raw, for the Bone in the Stag
Heart, Raſing

Rasings of Ivory, of each 1 dram,
Corall, white and Red, of each half a dram,
Make a powder.

This is a great Cordiall, and cooles the body.

Diambra of Mesues:

TAke roots of Doronicum Romanum.
Galanga.
Cinnamon.
Cloves.
Nutmegs.
Mace.
Bay Leaves for Malabathrum, of each three drams.
Ginger 1 dram and half.
Lignum Aloes.
Yellow Sanders.
Grains of Paradice.
Long Pepper, of each two drams.
Indian Spike.
Ambergreise, of each 1 dram.
Make a powder.

This is good for old people, and helps the Brain and the Sences.

Dianthos of Nicolaus:

TAke flowers of Rosemary 1 ounce,
Red Roses.
Violets.
Licoris roots scraped, of each 2 drams.
Galanga.
Zedoary.
Ginger.
Lignum Aloes.
Cinnamon.
Cloves,
Nutmeg.
Mace.
Indian Spike.
Seeds of Dill,
Annifeeds,
Grains of Paradice, of each 4 Scruples.
Make a Powder.

This is good for the Head, and against Palsies.

Diarrhodon Abbatis:

TAke red Roses 1 ounce and half.
Sanders white and red, of each 2 drams and half.
Lignum Aloes,
Gum Arabick.

Dragant.

Dragant.
Spodium of Ivory, of each 2 Scruples.
Roots of Azarum.
Rheubarb.
Indian Spike.
Cinnamon,
Saffran.
Cloves.
Barberries.
Seeds of Sorrel.
Anniseed.
Grains of Paradice.
Endive.
Fennel.
Lettice.
Basil Purslain.
Wild Endive.
Juice of Licoris.
Mastick, of each 1 scruple.
Harts-horn raw.
White Perls, of each half a scruple.
Make a powder.
This is very Cordiall.

Diatragacanthum frigidum:

TAke white Gum dragant half an ounce,
Gum Arabick checquerd, 2 drams and half,
White Starch 1 dram.
Licoris roots scraped.

Seeds of Citrulls.
Cucumbers.
Goards.
Melons cleanſed, of each half a dram.
White Sugar-Candy ſix drams.
Make a Powder.
It is good againſt hot diſtillations.
We have preſcribed but a ſmall quantity, becauſe the compoſition, by reaſon of the greater cold ſeeds, in three months time grows rank and unpleaſant, and for that reaſon we have left them out alſo in the other Compoſitions.

Diatriaſantalon Nicolai:

TAke of the three Sanders.
Red Roſes.
White Sugar-Candy,
Seeds of Lettice.
Purſlain.
White Endive, of each 3 drams.
Rheubarb.
Spodium of Ivory.
Juice of Licoris, of each 2 drams and half.
Gum Arabick.
Dragant,
White Starch, of each 1 dram and half.
Make a Powder.
This is Cordiall, cooling, and binding.

Pulvis

Pulvis Liberans.

TAke true bole Armeniac 6 drams,
Roots of Tormentill 2 drams,
Seeds of Sorrel,
Carduus benedictus,
Citrons,
Coriander prepared,
Endive,
Rue, of each 1 dram and half,
Of all the Sanders,
Roots of white Dittany, of each 1 dram,
Avens for *Beben*,
Roman doronicum,
Zedoary,
Lignum Aloes,
Cassia lignea,
Cinnamon,
Grains of Paradice,
Flowers of Bugloss,
Saffran,
Mace,
White-water Lilly Flowers,
Roses,
Pearls,
Corall white and red,
Amber,
Jacinth,
Granats,
Shavings of Ivory,
Harts-horn,

Spodium

Spodium of burnt Ivory,
Silk Cafes raw cut out in peices, of each half a dram.

This is very good in contagious Diſeaſes, and malignant Feavers.

Pulvis Nephriticus.

TAke of true Nephritick Wood,
Licoris roots ſcraped,
Peach-Kernels, of each 1 ounce,
Grommel ſeed, and
Saxifrage, of each half an ounce,
Seeds of Smallage,
Caraway,
Daucus,
Fennel,
Broom,
Greater Burdock,
Lovage,
Macedonian Parſley,
Siler Mountain,
Roman Nettles,
Roots of Aſarum,
Ginger, of each two drams,
Indian Spike,
Saſſafras Wood,
Camels Hair,
Amber,
Crabs-Eyes, of each 1 dram and half,

Lapis

Lapis prunellæ,
Tartar vitriolated, of each two drams and half,
Make a powder.

This is prepared as a Jewel to cure the Stone in the Kidneys.

Chymicall Powders.

Cremor tartar.

TAke white Rhenish Tartar, washed severall times, as much as you please.
Boile it at a gentle fire with a sufficient quantity of water in a glased earthen Vessell, untill there appear a Skin upon the Superficies, which must be skimmed off with a Skimmer of wood, and being dried upon a brown paper, must be powdred, and kept in a Glass.

Crystals of Tartar.

TAke white Rhenish Tartar made into powder, and often washt as much as you will:
Let it boile with much water, let it be streined according to Art, & then exposed it to the cold Aire a Night, or longer, and the Chrystalls will

will ſtick to the ſides of the Veſſell, poure out the water and gather them together, dry them, and keep them in a Glaſs.

This and the former purge Flegm, and quicken the Purgatives being added to them.

Tartar Vitriolated.

TAke Oyle of Tartar made by Deliquium and purified, as much as you pleaſe.

Poure upon it by degrees in a large Glaſs, half ſo much Oyle of Vitrioll, and it will preſently fall down into a moſt white Subſtance, which, the Liquor that ſwims above it being reſolved by a gentle fire, muſt be reduced to the drineſs of Salt.

This is a great Opener of Obſtructions.

A Scruple is the Doſe.

Flower of Brimſtone.

TAke yellow Brimſtone cleanſed from filth, as much as you pleaſe, put it into an earthen Veſſell, and ſublime it in the Sand, into another Veſſell ſet over it, and luted to it.

It is good in a Lohoch againſt Conſumptions of the Lungs.

Lapis

Lapis prunellæ.

TAke pure Salt peter, as much as you pleaſe. Let it be red hot and run in a Crucible, when it is melted caſt in at ſeverall times a little quantity of flour of Brimſtone, that the Salt peter may appear clear and purged from its foulneſs, then poure it forth into another Veſſell, that it may congeal into a chryſtall Stone, which you ſhall diſſolve in boyling water; when it is diſſolved, you ſhall filter it through a Wine Bay, or brown Paper, with Linnen under it, and then you ſhall congeale it in a cold place, when it is congealed, you ſhall melt it again in a Crucible, and purifie it again with flower of Brimſtone as before: and you ſhall go over it thus three times at leaſt.

This is ſeldome made ſo exactly as is here preſcribed, it is good in a Gargariſme for a ſore Mouth.

Magiſteriall of Corall, Pearls, and Crabs-Eyes.

TAke of Corall, or Pearls, or Crabs-Eyes of the River finely powdred, 1 ounce,
Poure upon them in a large Violl, as much diſtilled Vinegar as ſhall be ſufficient, and they will preſently boile of themſelves; when they boile

boile, the clear Liquor that ſwims on the top, muſt be filtred through a brown Paper, and muſt be evaporated in a Porcellan Diſh, ſtil ſtirring it with a ſmall ſtick of wood, untill ſuch time as the powder becomes white, and will diſſolve: This muſt be again diſſolved in Borrage water, muſt be filtred and ſtreined, and evaporated.

Theſe are all good in Cordialls.

Mercury precipitate.

TAke Quickſilver one part,
Aquafortis two parts,
Diſſolve them in a Glaſs Violl upon warm Embers, untill they be mortified, then evaporate them at a ſtrong fire untill they grow dry.

It is good to cure old Ulcers, and to eat away dead fleſh.

Salt

Salt of Wormwood.

Carduus benedictus.

Beans.

THe Herbs dryed are calcined to white Ashes, and the Salt of them is extracted by hot water, and a Lye is made, which must be filtrated, and by a gentle heat of Coles must be dryed to a Salt; which that it may be more pure, must be dissolved again, filtred, and coagulated.

All Salts are of the nature of the things they are made of.

SECT.

SECT. VIII.

OF

TROCHERS.

Agarick trochiſcate:

TAke the whiteſt and light Agarick 3 ounces; with a ſufficient quantity of Canary Wine, wherein two drams of Ginger are infuſed, let them be made into Trochers according to Art.

Uſed in Compoſitions to purge Flegm.

Rhazis white Trochers, or white Sief:

TAke Ceruſs waſht with Roſewater 10 drams,
White Starch 4 drams.
Gum Arabick.
Dragant, of each 2 drams.
Camphyre half a dram.
With the White of an Egg make Trochers.

If you will have them with Opium, add one dram of it. It is good in a Collyrium for ſore Eyes, and is good for injection into the Yard.

Trochers Alhandal.

TAke the Pulp of Coloquintida, that is white and light and purged from the Seeds, cut alſo very ſmall, and powdred with a ſufficient quantity of Oyle of Roſes, 10 drams.

Gum Arabick,
Dragant,
Edellium, of each 6 drams.

All theſe being powdred, extract from a quantity of Gum Tragant, with Roſewater, ſo much Mucilage that the reſt of the powders may be conveniently made up into a Paſt with it, thereof make Trochers, and dry them in the ſhade.

This is the beſt preparation of Coloquintida, and is ſafe with other Medicaments joyned to it.

Trochers of Alkekengi.

TAke winter Cherries 3 drams,
True bole Armeniac 1 ounce,
Gum Arabick,
Dragant,
Dragons blood in drops,

Frankincenſe,
White Starch,
Juice of Licoris,
Bitter Almonds,
Pine Kernels,
White Poppy ſeed, of each 6 dram,
Citrulls,
Gourds,
Melons, of each 3 drams and half,
Smallage,
Henbane,
Amber,
Opium prepared of each 2 drams,
With Juice of Winter Cherries, make Tro-
chers.
Good for Ulcers of the Bladder.

Trochers bechici albi.

TAke the whiteſt Sugar 1 pound,
White Sugar-Candy,
Sugar Pellets, of each 4 ounces,
Orris Roots 2 ounces,
White Starch 1 ounce and half.

With the Mucilage of white Gum dragan drawn with Roſewater ſufficient, make ſm Trochers.

You may let one diſſolve in your Mou when the Cough troubles you.

Trocher

Trochers of Capers.

TAke the Rinds of Caper roots,
Gum Ammoniac,
Seed of Agnus caſtus, of each 6 drams,
Creſſes,
Gith,
Leaves of Calamint,
Rue,
Roots of Acorus,
Round Birthwort,
Bitter Almonds,
Juice of water Agrimony condenſed of each 2 drams,
Roots of round Cyperus,
Leaves of Ceterach, of each 1 dram.
Make Trochers with the firſt, and Gum Ammoniac diſſolved in Vinegar.
Theſe are good againſt Diſeaſes of the Spleen.

Trochers Cypheos for Mithridate.

TAke the Pulp of white fat Grapes preſſed forth,
Cyprus Turpentine, of each 3 ounces,
Myrrh,
Camels Hay, of each 1 ounce and half,
Cinnamon half an ounce,
Roots of true Acorus 9 drams,

Round Cyperus,
Indian Spike,
Caſſia lignea,
Juniper Berries,
Bdellium, of each 3 drams,
Lignum Aſpalathum, or Aloes, 2 drams and half,
Saffran 1 dram,
The beſt clarified Honey, and Canary Wine what is ſufficient of each,
To make Trochers,

Theſe are a Part of the Compoſition of Mithridate, and are not made to take by themſelves.

Trochers Hedychroi of Galen to make Theriac.

TAke Lignum Aſpolathum, or yellow Saunders,
Herbs, Marjoram,
Marjoram of Syria,
Roots of Aſarum, of each 2 drams,
Acorus,
Sweet Coſtus,
Pontick Phu,
Lignum Aloes,
Cinnamon,
Camells Hay,
Oyle of Nutmegs, of each 3 drams,
Caſſia lignea,

India

Indian Spicknard,
Bay-leaves,
Saffran,
Myrrh, of each six drams,
Pliny his Cloves 1 ounce and half,
Mastick 1 dram,
Canary Wine what is sufficient.

Make Trochers, dry them in the shade, and anoint them with the foresaid Oyle.

These belong to *Theriaca Andromachi.*

Trochers of Myrrh.

TAke choice Myrrh 3 drams,
Lupines cleansed 5 drams,
Madder Roots,
Leaves of wild Mints,
Dittany of *Crete*,
Rue,
Cummin seed,
Asa fœtida,
Sagapenum,
Opoponax, of each 2 drams,

With Juice of Mugwor, make Trochers.

These provoke the Terms,

Trochers of Rheubarb.

TAke choice Rheubarb 10 drams,
Juice of water Agrimony thickned, half an ounce,

Red Roſes 3 drams,
Roſes of Aſarum,
Madder,
Indian Spike,
Leaves of Wormwood,
Anniſeed,
Smallage ſeed, of each one dram,
Bitter Almonds half an ounce,
With Juice of Roman Wormwood make Trochers.

Theſe ſtrengthen the Liver,

Trochers of Squils for Theriac.

TAke the whiteſt freſh Squill Root, without the ſhelly part, or woody Root.

Knead it and ferment it in a wheat Dow that is leavened, then roſt it in the Aſhes, or in an Oven, until ſuch time as the Lump is covered all over with a very hard Cruſt, and a little ſtick of wood will eaſily run into the body of the Squill through the cracks in the Paſt, then take away the cruſty Paſt from it, and take off the Pulp of the Squill carefully made equall, one pound,

Meal of Orobus of Lupines, 8 ounces.

Mingle and pound them together, and make ſmall Cakes of them to be dryed in the ſhade.

Theſe belong to the Compoſition of *Theriac.*

Trochers

Trochers of Terra sigillata.

TAke *Terra sigillata*, or for it, true bole Armeniac half an ounce,
True Acacia,
Hypocistis,
Dragans blood in drops,
Gum Arabick tosted,
White Starch tosted,
Blood-stone,
Red Corall,
Amber,
Spodium of Ivory,
Balaustia,
Red Roses.
Rose seeds,
Purslain Seeds tosted,
Cypres Nuts,
Burnt Hearts-horn,
Male Frankinsence,
Saffran,
Opium prepared, of each two drams.
Black Poppy seeds,
Pearls,
Gum Tragant, of each 1 dram and half.
With Juice of Plantain make Trochers.
These are astringent and used *ad Gonorrhœam.*

Trochers of Vipers for Theriac.

THey must be had from *Venice*, or *Padua* in *Italy*, or from Poictiers in *France*.
The Title shews their use.

SECT. IX.

OF

PILLS.

Pills Alophanginæ:

TAke Roots of Acorus,
Asarum,
Indian Spike,
Lignum Aloes,
Yellow Sanders,
Cinnamon,
Mace,
Nutmegs,
Cloves,
Carpobalsamum, or Juniper Berries,
Cabebs,
Grains of Paradice,
Camels Hay, of each half an ounce,
Red Roses,
Wormwood, of each 2 drams,
Draw from these in a close Vessell, a Tincture with a Spirit of Wine, in which dissolve of the purest clear Aloes 1 pound.

Then upon hot Embers gently dry all to the

the conſiſtence of Pills, adding about the end,
Maſtick,
Myrrh in powder, of each half an ounce.
Saffran two drams,
Make a Maſs.

Theſe Pills are very ſafe and gentle, take 1 Scruple when you go to Bed.

Pills of Agarick:

TAke Agarick in Trochers 3 drams,
Gummy Turbith 5 drams,
Powder of Hiera ſimple of *Galen* halfe an ounce,
Trochers Alhandal,
Myrrh of each 2 drams,
Maſtick,
Roots of Orris Florentine,
Leaves of Horehound, of each one dram.
With Canary Wine make it a Maſs.

They purge ſtrongly, take not above one Scruple.

Pills Aureæ:

TAke clear Aloes,
Scammony prepared, of each 5 drams,
Red Roſes,
Seeds of Smallage, of each 2 drams and half,
Anniſeeds

Aniſeed,
Fennel ſeed, of each 1 dram and half,
Saffran,
Maſtick,
Trochers Alhandal, of each 1 dram,
With Honey of Roſes make a Maſs,
Theſe purge as the former, take but a ſmall quantity.

Cochie Pills:

TAke powder of Hiera ſimple of *Galens*, ten drams,
Trochers Alhandal 3 drams and half,
Scammony prepared 2 drams and half,
Gummy Turbith,
Flowers of Stæchas, of each 5 drams,
With Syrup of Stæchas make a Maſs,
Theſe purge the head exceedingly, be not too bold with them.

Pills of Hounds-tongue:

TAke roots of Hounds-tongue dryed,
Seeds of white Henbane,
Opium prepared, of each half an ounce,
Myrrh 6 drams,
Male Frankincenſe 5 drams,

Saffran

Saffran,
Caſtoreum,
Storax calamita, of each 2 drams,
Make a maſs with Roſewater,
This is an Opiate to make one ſleep, but ſome ſuppoſe Hounds-tongue to have an ill quality.

Pills of extract Catholicum:

TAke Pulp of Coloquintida 6 drams,
White Agarick,
Black Hellebour,
Powder of Dlairhodon Abbatis, of each half an ounce.
Draw a Tincture out of theſe with the Spirit of Wine, ſtrein it, and add to it the powder of,
Clear Aloes, 1 ounce,
Scammony prepared half an ounce,
Evaporate it to the conſiſtence of an Extract.
This is a well prepared Pill, you may take one Scruple if you be ſtrong.

Pills fœtidæ the greater of Meſues:

TAke Troches Alhandal,
Pure Aloes,
Ammoniacum,
Opoponax,
Sagapenum

Sagapenum,
Myrrh,
Epithymum,
Rue ſeed, of each 5 drams,
Scammony prepared 3 drams,
Root of Gummy Turbith 4 drams,
Eſula the leſs,
Hermodactyls, of each 2 drams,
Ginger 1 dram and half,
Indian Spike,
Cinnamon,
Saffran,
Caſtoreum, of each 1 dram,
Euphorbium 2 ſcruples,
With the Juice of Leeks make a Maſs,
These may ſerve alſo for Pills of Hermodactyls.
One ſcruple is the Doſe.

Pills of Hiera with Agarick:

TAke *Galens* Powder, Hiera ſimple.
Agaric Trochiſcate, of each half an ounce,
Cleare Aloes 1 ounce,
With Honey of Roſes make a Maſs.
You may take half a dram.

Pills

Pills of Lapis Lazuli of Mesues

TAke Lapis Lazuli powdred, and often washed, 6 drams,
Epithymum,
Roots of black Hellebour,
Agaric trochiscate, of each 1 ounce,
Scammony prepared,
Sal gemmæ, of each 2 drams and half,
Cloves,
Anniseeds, of each half an ounce,
Galens Powder, Hiera simple 15 drams.
With Juice of Fumitary make a Mass.
These are good for Melancholy frantick people that require strong Purgatives.

Pills of Laudanum opiatum:

TAke pure Theban opium dissolved in Spirit of Wine, a little boiled and streined, one ounce,
Mingle it with the Tincture drawn with Spirit of Wine.
With half an ounce of the powder Diambra, evaporate them to the consistence of Pills, adding about the end,
English Saffran 1 dram,
Castoreum half a dram,

Keep

Keep this Mass for your use.

This is an Opiate to cause rest; but the preparation of Opium ought to be with distilled Vinegar, and then it is more effectuall.

Pills of Mastick:

TAke Mastick half an ounce,
Agaric in Trochers 3 drams,
Clear Aloes 10 drams.
With Juice of Wormwood make a Mass.

These are stomach Pills, you may take halfe a dram.

Pills of Nitre of Alex: Trallianus

TAke Salt peter purified,
Euphorbium powdred, of each 1 dram,
Scammony prepared,
Trochers Alhandal,
Black Hellebor Roots,
Clear Aloes,
Myrrh,
Gum Arabick of each two drams.
With Juice of Coleworts and boild Honey, make a Mass.

You may take a scruple, but it is very strong, and must be warily dispersed.

Common

Common Pestilential Pills.

TAke clear Aloes 2 ounces,
Myrrh 1 ounce,
Saffran half an ounce,
With Canary Wine, make a Mass.
Take a scruple of their Pills, they are Cordial as well as purgative.

Pills sine quibus.

TAke clear Aloes 14 drams,
Scammony prepared 6 drams,
Agarick trochiscate,
Rheubarb,
Senna leaves cleansed, of each half an ounce.
Citron Myrobalans 2 drams,
Herb Wormwood,
Flowers of Violets,
Red Roses,
Dodder,
Mastick,
Sal gemmæ, of each 1 dram.
With Juice of Fennel and Eybright make a Mass.

You may take half a dram, and they are very good against Ophthalmies, and Diseases of the Eyes.

SECT.

SECT. X.

OF

OYLES.

Oyles by expreſſion.

Oyle of ſweet Almonds:

TAke dryed ſweet Almonds not rank, as many as you pleaſe, beat them very ſmall and put them into a ruff hempem Cloth, and without fire by degrees preſs out the Oyle.

Take an ounce, it is effectuall againſt Excoriations of the ſtomach and Inteſtins.

Oyle of bitter Almonds

IS approved againſt Deafneſs, and ſinging in the Eares.

Oyle of Bays ſpeciall, that is brought from the fortunate Iſland

Of

Mace,
Walnuts,
Nutmegs,
Eggs,
Ripe Olives,
Unripe or soure Olives.

Of dates that come from the Indies, and from *Guine*.

Of Rocket Seed,
Henbane,
Linseed,
Gith,
Poppy.

The preparation of all these is well known, and therefore needs not be set down here.

Nor need I trouble the Reader with the use, it being so common and generally known to all.

Oyles by Infusion and Decoction.

Oyle of Wormwood.

TAke the tops of green Wormwood, cut and bruised, 4 ounces,
Unripe Oyle of Olives 3 pounds.
Infuse them fifteen daies in a Glass in the sun, or in some hot place, thrice changing the infusion of the Wormwood, and adding to the last infusion,

Juice of Wormwood 4 ounces.

Boile them eaſily to the conſumption of the Juice.

It is good to annoint the Belly and Stomach to kill Worms.

Oyle

Of Dill, made of the Leaves and Flowers.

Of Chamomil from the Flower.

Of Quinces, from Quince Apples unpared, and unripe Oyle Olive.

Of St. Johns Wort, of the tops and flowers.

Of Wall-flowers, from the yellow flowers.

Of white Lillies from the Flowers.

Of Marjoram.

Of curld Garden Mints with ſour Oyle.

Of Nip.

Of white-water Lillies, from the white flowers and unripe Oyle.

Of Roſes compleat, of open Roſes and ripe Oyle.

Soure oyle of Roſes, of red Roſes, not yet fully opened, and unripe oyle Olives.

Of Rue.

Simple oyle of Scorpions, with oyle of bitter Almonds.

Of Nightſhade, from the Leaves and Berries, with unripe oyle of Roſes.

Of ſweet Trefoly, from the Leaves and flowers.

Of Violets, from the Flowers and unripe Oyle.

Of Mullens, from the Flowers and ripe Oyle.

The

The Composition of all these is past over, as well known to Apothecaries.

And it will be impertinent to set down their use.

Oyle of Capers.

TAke the Bark of Caper roots 1 ounce,
Of Tamarisk,
Roots of Cyperus,
Seeds of Agnus castus,
Leaves of Ceterach, of each 2 drams,
Rue 1 dram,
Wine Vinegar,
The best Wine, of each 2 ounces,
Ripe Oyle 1 pound.

Boile them in a double Vessell untill the Wine and Vinegar be spent, strein and press all out.

Very good to annoint the Spleen that is diseased.

Oyle of Castoreum.

TAke Castoreum,
Storax calamita,
Galbanum,
Opoponax,
Euphorbium,
Cassia ligusa,

Roots of Coſtus,
Cyperus,
Pellitory of *Spain*,
Indian Spike,
Leaves of Savin,
Saffran,
Camels hay,
Cubebs,
Long Pepper,
Black Pepper, of each 2 drams,
Oyle 3 pounds,
Sweet ſented Wine 2 pounds.

Bruiſe what muſt be bruiſed, and ſteep them all in Wine 24 hours

Boile them with Oyle in a double Veſſell till the Wine be conſumed.

Strein and preſs all forth.

This is good againſt Deafneſs.

Oyle of Saffran for the Plaſter of Frogs:

TAke Engliſh Saffran,
Cardamoms,
Roots of Acorus, of each 1 ounce,
Myrrh half an ounce.

Infuſe them in Vinegar ſix daies, then add oyle of Olives 1 pound and half.

Boile all at an eaſie fire untill the Vinegar be ſpent, then ſtrein and preſs all out.

This

This was made as a preparation to *Vigos* Plaster against *Nods* proceeding from *Lues Veverea.*

Oyle of Euphorbium.

TAke Euphorbium half an ounce,
Oyle of Wall-flowers.
Sweet scented Wine, of each 5 ounces.
Boile them untill the Wine be consumed.
Good against Palsies,

Oyle of Orris Roots:

TAke fresh Roots of Orris bruised, halfe a pound, of the Flowers of the blew Orris, being fresh, 1 pound,
Of the Decoction, or Juice of the Roots of Orris 1 pound.
Oyle of Olives 3 pound and a half.
Boyle them in a double Vessell untill the Liquor be consumed, strein and press them out.
It ripeneth and digesteth flegmatick humours in the Breast and Lungs, and makes them easie to be spit forth.

Oyle of Earth-worms:

TAke Earth-worms waſht in ſtrong White-wine, half a pound,
Oyle Olives 2 pounds,
White-wine 4 ounces,
Let them boile untill the Wine be conſumed, Strein and preſs it forth.

This comforts the Nerves, and is good for pains of the Joynts.

Oyle of Maſtick.

TAke choice Maſtick 3 ounces,
Oyle of Roſes 1 pound.
Sweet ſented Wine 2 ounces.
Boile them in a double Veſſell untill the Wine be conſumed, ſtrein and preſs it out.

It is very ſtrengthning, and eaſeth pain.

Oyle of Mucilage.

TAke freſh Roots of Marſh-Mallows cut, 4 ounces,
Of Squils freſh and bruiſed 1 ounce,
Seeds of Fenugreek,
Linſeed whole, of each 1 ounce and half,
Infuſe them in a ſufficient quantity of water; then

then boile them easily, untill they give forth a thick and clammy Mucilage. add thereto,

Oyle of Dill,
Chamomil,
White Lillies, of each 16 ounces.

Boile all together untill the water be consumed, stirring them continually that they burn not.

It softneth hard tumours mightily.

Oyle of Myrtils.

TAke dry Myrtil Berries bruised, half a pound,
Unripe oyle of Olives, 1 pound and half,
Soure red Wine, 4 ounces,

Steep them and boile them together untill the Wine be consumed, strein and press them forth.

It is both cooling and binding, and is good against Burns.

Oyle of Spike.

TAke Spicknard 3 ounces,
Leaves of Marjoram 2 ounces,
Bays. . .
Lignum Aloes,
Roots of sweet Calamus,
Cyperus,
Elecampane,

Cardamoms,
Mace,
Camels Hay, of each 1 ounce and half,
White-wine,
Fair water of each 14 ounces,
Oyle of Olives 4 pound and half.

Boile them in a double Veſſell according to Art, ſtrein and preſs them out.

This heats and diſcuſſeth.

Oyle of Foxes.

TAke a Fox, his Skin pulled off, and his Entralls taken forth, with his Bones broken and bruiſed, and the fleſh cut ſmall.

Boile him in Sea-water, or ſalt water what is ſufficient, and when he is half boyled, add,

Old Oyle 4 pounds,
Herbs, Dil,
Origanum, and
Thyme, of each half a pound.

Boile all again, untill the fleſh part from the Bones and the water be conſumed, ſtrein and preſs it out.

It is good againſt Pains and Aches of the Joynts proceeding from cold.

Oyles by Distillation.

THese are stronger then the former, and must be used with more caution, and in smaller quantities.

Oyle

Of Juniper Berries,
Cloves,
Cinnamon,
Rose-wood,
Mace,
Marjoram,
Nutmegs,
Origanum of *Crete*,
Rosemary,
Spike,
Dill,
Annised,
Caraway, and
Fennel-seed,

All these Oyles are to be distilled in a great Alembick or Copper, according to Art.

Oyle of Orange, or Citron Pills.

TAke the fresh Rinds as much as you please, Infuse them untill they rot, then with a sufficien-

ficient quantity of water, distill them in a Copper Still.

This is warming, but there being such plenty of good Oyle, it may serve to shew you that Oyles may be drawn from many things we have no great use of.

Oyle of Wax.

TAke Wax one part,
Sand 3 parts,
The Wax being melted and mingled with the Sand distill them in a Retort by the degrees of fire.

Dissolves hard tumours, and Hernia of the Intestins, may with ligature be cured by it.

Oyle of Bricks, or the Philosophers Oyle:

TAke old Tyles or Bricks bruised in peeces as much as you please.

Being bruised and made red hot, quench them in old clear Oyle.

When they are well wet, break them into very fine powder, and put them into a Retort, and at open fire distill Oyle from them.

It

It is good against cold Diseases, and is very penetrating.

Oyle of Amber:

TAke white or yellow Amber, what you please.

Fill the third part of the Retort, and distil this by it selfe in Ashes, putting fire to it by degrees.

Good against the Falling-sickness, and Vertigo's.

Oyle, or Spirit of Salt:

TAke the strongest Brine out of Vessells where Salt is kept, let it drop forth so much as you please.

Cast into it old Bricks, or Tyles red hot, and do this often, untill they have drank in a sufficient quantity of the Brine, then put them being bruised into a luted Retort, with a large Receiver, and distill them by the degrees of fire.

This will cause a man to Urine well, and is good against the Stone.

Oyle

Oyle, or Spirit of Brimſtone:

TAke Brimſtone as much as you pleaſe.

Diſtill it by a Glaſs Bell in a moiſt place, and when the Aire is ſubject to raine.

It is held to be good for the Lungs.

Oyle of Turpentine:

TAke Turpentine what you pleaſe.

Diſtill it in a Copper Still, pouring on plenty of water.

It is good for cold Griefs, but chiefly of the Nerves.

Oyle of Vitriol:

TAke Roman Vitriol calcined, untill it be red, and powdred, what you pleaſe.

Diſtil it in a luted Retort, or an earthen Guord-like Veſſell, with a large Receiver. obſerving the degrees of fire.

A few drops of this give a pleaſant taſt to a Julip, and cool well in Feavers.

Oyles

Oyle by Defaliance:

Oyle, or Liquor of Guaicum.

TAke Gum of Guaicum what you please.

Dissolve it in a sufficient quantity of a stronger sort of Spirit of Wine, and keep the streined Liquor, casting away the dregs.

This is good against the Lues Venerla.

Oyle, or Liquor of Myrrh:

TAke choice Myrrh in powder what is sufficient.

Put it into the Whites of Eggs boild untill they be hard, and in a moist place, dissolve it into an oylely Liquor, it must be alwaies fresh made.

It is good to make the Skin smooth.

Oyle, or Liquor of Lead:

TAke calcined Lead what you please.

Poure upon it distilled Vinegar, let it infuse, and filter the Tincture through a brown paper, so keep it for your use

This is good to heal Ulcers.

Oyle

Oyle, or Liquor of Tartar:

TAke calcined Tartar untill it begin to look white, as much as you please.

Powder it and put it into a Wine sack, and hang it over a Dish in a cold and moist place, so it will dissolve and fall into the Glass Vessell set to receive it, and then it must be filtred once more.

Those that are Sun-burnt may use this to good purpose to make them fair,

To these is added,
Naturall Oyle called *Petroleum.*

Oyle of Peter is very penetrating, and must be used in cold Causes.

SECT.

SECT. XI.

OF

UNGUENTS.

Fernelius astringent Oyle:

TAke Oyle of Roses often washt with
Allum water, 1 pound and half,
White Wax 4 ounces,
Acacia,
Myrtil Berries,
Balaustia,
Shels of Acorns,
Pomegranates,
Unripe Galls,
Cypress Nuts,
Sumach.
Mastick, of each 1 ounce.

All being well powdred must be steept in the Juice of Medlars and Sloes four daies, then dry them at an easie fire, and with Oyle and Wax make an Unguent according to art.

It is very coolingand binding.

Unguent

Unguent Egyptica.

TAke Verdigrece 5 ounces,
Raw Allum 1 ounce,
Choice Honey 14 ounces,
Strong Vinegar 7 ounces,
Boile them according to art to an Unguent.
It ſerves to cleanſe Ulcers.

Unguent of Agrippa.

TAke freſh Roots of Bryonie 2 pounds,
Wild Cucumbers 1 pound,
Squils half a pound,
Orris three ounces,
Aron,
Dwarf Elder,
Fern, of each 2 ounces,
Very white Wax 15 ounces,
Oyle 4 pounds,
Make an Unguent according to art.
Good to annoint Hydropicall perſons with.

Unguentum

Unguentum album, with Camphyre.

TAke Oyle of Roses 1 pound,
White Wax 3 ounces,
Cerusse 6 ounces,
Camphyre worked up with oyle of Roses,
2 drams.
Make an Unguent according to art.
This cools all hot Inflamations.

Unguent of Marsh-Mallows simple.

TAke oyle of Mucilages 2 pounds,
Yellow Wax half a pound,
Rosin 3 ounces,
Turpentine 1 ounce and half,
Make an Unguent according to Art,
It softneth heats and moistneth.

Unguent of Marsh-Mallows compound.

TAke Oyle of Mucilages 2 pounds,
Yellow Wax half a pound,
Rosin,
Colophonia, of each 3 ounces,

Gums Galbanum,
Ivy,
Turpentine, of each 1 ounce,
Make an Unguent according to art.
This is more effectuall then the former.

Unguent Apostolorum.

TAke Ammoniacum,
Rosin,
Turpentine,
Yellow Wax, of each 14 drams,
Lytharge of Gold 9 drams,
Long Birthwort,
Bdellium,
Male Frankincense, of each 6 drams,
Galbanum,
Opopanax,
Myrrh, of each half an ounce,
Verdigrease 2 drams,
Common Oyle 2 pounds,
Vinegar what is sufficient.
Make an Oyntment according to Art.
It consumes dead flesh, breeds new flesh, and cures Wounds and Ulcers.

Unguent

Unguent of Sowbread, called Arthanita.

TAke of the Juice of the Roots of Sowbread, 1 pound; or for want thereof, ſo much of the decoction of one pound of the dried Roots of Sowbread cut into ſmall peeces.

Of the Juice of wild Cucumbers,
Cow-butter, of each half a pound,
Oyle of Orris 1 pound,
Roots of Poly pod of the Oke 3 ounces,
Pulp of Coloquintida 1 ounce and half,
Euphorbium 2 drams.

Bruſing what muſt be bruiſed, infuſe them all together for ſome daies, afterwards let them boile gently untill the Juices be conſumed, ſtrein and preſs them out, and in the Liquor preſſed forth, melt

Yellow Wax 2 ounces and half.

Whilſt theſe are yet warm, mingle *Sagapenum* diſſolved in Vinegar, boiled, ſtreined, and then evaporated to the conſiſtence of an Unguent, 3 drams.

Bulls Gall evaporated to the thickneſs of Honey, half an ounce.

Laſtly, add theſe following things in fine powder,

Scammony,
Coloquintida,
White Turbith,
Aloes,

Berries of Widdow-wail, of each 2 drams and half,
Euphorbium,
Myrrh,
Chamomil-flowers,
Long Pepper,
Ginger, of each 1 dram,
Sal gemmæ 2 drams,
Make an Unguent according to art.

It is not much in use I suppose, because of the danger; for it is very strong, and will purge and vomit as it is applyed.

Unguent. aureum.

TAke common Oyle 2 pounds,
Yellow Wax 6 ounces,
Turpentine 2 ounces,
Rosin of the Pine Tree,
Colophonia, of each 1 ounce and half,
Mastick,
Frankincense of each 1 ounce,
Saffran 1 dram,
Make an Oyntment according to art.
This heals Wounds safely and well.

Unguent

Unguent Baſilicon, or Tetrapharmacum.

TAke yellow Wax,
Black Pitch,
Roſin, of each half a pound,
Common Oyle 2 pounds,
Make an Oyntment according to art.
This is good to cleanſe Wounds, and to take away pain.

Unguent of Lime.

TAke quick Lime, waſhed according to art, and dried 2 ounces.
Ceruſs 2 ounces and half,
Lytharge of Gold and Silver, of each three ounces,
Tutty 2 drams,
Oyle of Roſes 2 pounds,
Calfs Suet 8 ounces,
Juice of Lettice,
Plantain,
Nightſhade, of each 4 ounces,
Unguent of Roſes 2 ounces and half,
White Wax what is ſufficient.
Make an Unguent according to art.
It is good againſt Burnings and Scaldings.

Unguent Diapompholygos.

TAke Oyle of Nightſhade 16 ounces,
White Wax 5 ounces,
Ceruſs waſhed 2 ounces.
Pompholyx prepared,
Lead burnt and waſht,
Frankincenſe, of each 1 ounce,
Make an Unguent according to art.
It cools and heals, eſpecially Ulcers of the Legs.

Unguent of Elecampane with, and without Mercury.

TAke roots of Elecampane boild in Vinegar, pounded, pulped, and móderatly dryed one pound.
Old ſalted Hogs Greaſe 8 ounces,
Old Oyle 4 ounces,
Quickſilver,
New Wax,
Waſht Turpentine, of each 2 ounces,
Common Salt 1 ounce.
Make an Unguent according to art.
Without Mercury it cures Scabs, and if you put Mercury to it then it is proper to cure the French Pox.

Vnguent

Unguent Martiatum.

TAke Herbs, Wormwood,
Southernwood,
Basil,
Calamint,
Centory the less,
Germander,
Garden Costus,
Great Stone-crop,
Marjoram,
Water-Mints,
Cowslips,
Savin,
Sage,
Elder, of each 1 ounce and half,
Bay-leaves,
Rosemary,
Rue, of each 3 ounces,
Seeds, Cummin,
Fennel,
Great Nettle, of each half an ounce,
Bears Grease,
Deers-Suet,
Storax liquid, of each 3 ounces,
Butter 1 pound,
Oyle of Nutmegs by expression, one ounce,
Oyle 4 pounds,
Yellow Wax 1 pound,
Strong Wine what is sufficient,

Let the Herbs be 8 daies steeped in the Wine, and make an Unguent according to art.

Against all cold pains in any part, this may be used effectually.

Unguent Nervinum.

TAke Unguent of Marsh-Mallows 4 ounces,
Fat of Ducks,
Geese,
Dogs,
Cats, of each 2 ounces,
Oyle of Dill,
Chamomil,
Bays,
Worms,
Fox, of each 1 ounce,
Of Euphorbium,
Peter,
Spike,
Turpentine, of each half an ounce,
Spirit of Wine 1 ounce and half,
Wax what is sufficient,
Make a soft Unguent according to art.

The Title shews you that it is good for the Nerves.

Unguent

Unguent Nutritum.

TAke Lytharge of Gold very finely powdred, half a pound,
Oyle of Roses,
Wine-vinegar, of each what may suffice.
Mingle them in a Mortar, and make an Unguent.
It cools very much and cures the Itch.

Unguent for the Eyes.

TAke Lapis calaminaris prepared, 3 ounces,
Tutty prepared 1 ounce,
White Vitriol,
Camphire, of each 2 scruples,
Unguent of Roses 1 pound,
Make an Oyntment according to art.
I need not say more then the Title doth, it is good to annoint the Eye-lids with.

Unguent for the Breast.

TAke fresh Butter 6 ounces,
Oyle of sweet Almonds 4 ounces,
Of Chamomil and
Violets,

Violets, of each 3 ounces,
Fat of Ducks, and
Hens, of each 2 ounces,
Orris Roots, 1 ounce,
White Wax 3 ounces,
Make an Unguent according to art.
It eaſeth pains of the Breaſt.

Unguent Pomatum.

TAke freſh Hogs Suet cleanſed from the films, and waſht in White-wine,
Sheeps Suet waſht in White-wine, of each 1 pound,
Pomwaters cleanſed and boyled in Roſewater 16,
Roſewood,
Saſſaphras,
Roots of Orris Florentine, of each 6 drams,
Benzoin,
Storax calamita, of each half an ounce.
Make ad Unguent according to art.
This cures chapt Lips, and ſuppleth the Skin.

Unguent Populeon.

TAke the freſh Buds of the Popler-tree three pounds,

Freſh

Fresh Hogs Suet not salted, 6 pounds,
The Buds of the Poplar-tree must be stamped and steeped in the Suet, untill such time as the Herbs following be gathered.

Take Herbs, Burdock,
Henbane,
Lettice,
Mandrake,
Black Poppy,
Howsleek, great, less,
Nightshade,
Violets,
Venus Navel, or Purslain,
Tender tops of Brambles, of each two handfulls.

These must be stampt with the Suet and Poplar Buds, and then boiled untill the moysture be wasted, and so an Unguent must be made according to art.

It cools exceedingly, and annoynted on the Temples provokes sleep.

Galens cooling Oyntment.

TAke Oyle of Roses Omphacine 4 ounces,
White Wax 1 ounce,

The Wax must be melted in the Oyle, they must be often washt with cold water, and beaten exactly. Lastly, wash them with Rosewater, and adding a little Vinegar,

Make

Make an Unguent according to art.
Good to annoint the Back over-heated.

Unguent of Roſes.

TAke freſh Hogs Greaſe purged from the films, and waſht ſeveral times, 2 pounds,
Freſh damask Roſes what may ſuffice.
Mingle them and ſet them in the Sun for ſome daies, then boile them and ſtrein them. To the ſtreined Liquor, add,
The ſame quantity of Roſes.
Set them again in the Sun, boil, and ſtrein them as before, do this ſo often untill the Hogs Suet ſmell moſt pleaſantly, keep this for an Unguent.
It is good againſt all hot diſtempers.

SECT.

SECT. XII.

OF

PLASTERS.

Plaster of Betony:

TAke Juice of Betony,
Smallage,
Plantain, of each 1 pound,
Wax,
Gum Elemni,
Rosin of the Pine-tree,
Turpentine, of each half a pound.
Make a Plaster according to art.
The use of it is chiefly for Wounds of the Head.

Plaster Diapalma, or Diacalcitheos:

TAke old Oyle,
Lytharge of Gold, of each 3 pounds,
Old Hogs Grease purged from the Films two pounds,
Vitriol burnt, or white Vitriol 4 ounces.

Stir

Stir them whilst they boile with the Branch of a Palm-tree, or instead thereof with an Oken Willow, or green Medlar Bough.

And make a Plaster according to art.

It is a fine healing and skinning Plaster.

Plaster Diachylon simple:

TAke oyle of Mucilages 3 pounds,
Lytharge of Gold 1 pound and half.
Make a Plaster according to art.
Softneth hard tumours.

Plaster Diachylon with Gums:

TAke oyle of Mucilages 8 pounds,
Lytharge of Gold 4 pounds,
Wax,
Turpentine, of each half a pound,
Ammoniacum,
Galbanum,
Opopanax,
Sagapenum, of each 4 ounces.
Make a Plaster according to art.
This is far more softning.

Plast

Plaster Gratia Dei, with Verdigrease, and without:

TAke new Wax,
Rosin,
Goats Suet, of each 4 ounces,
Turpentine 2 ounces,
Verdigrease,
Mastick,
Frankincense, of each 3 drams.
Make a Plaster according to art.
An excellent Plaster for Sores and Ulcers.

A grey Plaster, or of Lapis Calaminaris:

TAke Lapis calaminaris prepared, 1 ounce,
Lytharge 2 ounces,
Cerus,
Tutty, of each half an ounce,
Turpentine 1 ounce,
Frankinsence 5 drams,
Mastick 3 drams,
Myrrh, 2 drams,
Camphire 1 dram and half,
White Wax 1 ounce and half,
Goats Suet 2 ounces,

Make

Make a Plaſter according to art.
It dries and cicatriſeth Ulcers.

Melilot Plaſter:

TAke tops of Melilot 6 ounces.
Leaves of Wormwood,
Marjoram,
Flowers of Chamomil,
Seeds of Fenugrec,
Bay-berries,
Roots of Marſh-Mallows, of each 3 drams,
Cyperus,
Orris,
Indian Spike,
Caſſia lignea,
Seeds of Ammi,
Smallage,
Grains of Paradice, of each 2 drams and half,
Ammoniacum 10 drams,
Bdellium,
Storax calamita, of each 5 drams,
Turpentine 1 ounce and half,
Dryed Figs 12,
Roſin,
Goats Suet, of each 4 ounces,
Yellow Wax 8 ounces,
Oyle of Spike 2 ounces,
Of Marjoram what is ſuffisient.
Make a Plaſter according to art.

It softneth much and helps Swellings of the Hypochondria.

A Plaster of red Lead:

TAke red Lead 1 pound,
Common Oyle 2 pounds,
Boile them according to art, adding Wax half a pound,
Turpentine 4 ounces,
Lead burnt prepared 2 ounces.
Make a Plaster according to art.
A very healing Plaster.

A Plaster of Mucilages:

TAke oyle of Mucilages 6 ounces,
Ammoniacum,
Galbanum,
Opopanax,
Sagapenum, of each half an ounce,
Saffran 2 drams,
Yellow Wax 20 ounces,
Turpentine 2 ounces,
Make a Plaster according to art.
This softneth hard tumors exceedingly.

Plaſter Oxycroceum:

TAke yellow wax,
Colophonia,
Ship Pitch, of each 6 ounces,
Engliſh Saffran 2 ounces,
Ammoniacum,
Galbanum,
Maſtick,
Myrrh,
Turpentine,
Frankincenſe, of each 2 ounces,
Vinegar, what is ſufficient to diſſolve the Gums.

Make a Plaſter according to Art.

This is very warming, and good againſt old pains coming from cold.

A Plaſter of Frogs with, and without Quickſilver:

TAke oyle of Chamomel,
Dill,
Lillies,
Spike of each 4 ounces,
Of Saffran 2 ounces,
Hogs Suet 2 pounds,
Naturall Oyle of Bays 8 ounces,

Mixe

Male Frankincense 2 ounces and half,
Euphorbium 10 drams,
Frogs alive washt in Wine 12,
Earth-worms washt in Wine 7 ounces,
Leaves of Fetherfew,
Flowers of Camels Hay,
Stœchas of each 2 handfuls,
Juice of dwarf Elder roots,
Elecampane,
Clear Turpentine, of each four ounces,
Storax liquid 3 ounces,
Lytharge of Gold 2 pounds,
Quickfilver killed with Turpentine eight ounces,
Strong Wine 4 pounds,
White Wax what is sufficient,
Make a Plaster according to art.

This is good against hard Swellings, but most in use for the French Pox.

Fernelius *his Plaster for Ruptures.*

TAke true Acacia,
Birthwort long and round,
Balaustia,
Acorn Cups,
Beans,
Unripe Galls,
Pomgranate shels,
Myrtils,
Cypress Nuts,

Plantain ſeeds, of each half an ounce.
Powder them all and ſteep them in Roſe-Vinegar, let them ſtand two daies, then dry them, and,

Take Roots of great Comfrey,
Fern,
Oſmund royall,
Herbs, Horſ-tail, of each 1 ounce,
Aloes,
Maſtick,
Mummy,
Myrrh,
Frankincenſe, of each 2 ounces,
Bole Armeniac waſht in Vinegar,
Lapis calaminaris prepared,
Lytharge of Gold,
Dragons blood, of each 3 ounces,
Ship Pitch 2 pounds,
Wax 1 pound,
Turpentine what is ſufficient,

Powder them all, and mingle them with the foreſaid Powder, with the Pitch melted, and let them be exactly incorporated with the Turpentine, and make a Plaſter according to art.

Good for Hernia's, and where people are burſt,

Paracelſus *his ſtiptick Plaſter:*

TAke Ammoniacum,
Bdellium, of each 2 ounces,

Galbanum,

Galbanum,
Myrrh,
Frankincense,
Opopanax,
Roots of Birthwort long and round,
White Dittany,
Loadstone prepared, of each 1 ounce,
Oyle of St. Johns Wort, 2 pounds,
Naturall Oyle of Bays 2 ounces,
Lytharge of Gold 1 pound and half,
Yellow Wax half a pound,
Turpentine 4 ounces.
Make a Plaster according to art.
A very comfortable Plaster for any Ach.

A Cerat of Sanders:

TAke Sanders red, 10 drams, white, yellow, of each 6 drams,
Red Rose-leaves 12 drams,
Bole Armeniac 7 drams,
Spodium of Ivory 4 drams,
Camphire 2 drams,
Unripe Oyle of Roses 9 ounces,
White Wax what is sufficient,
Make a Cerate according to art.
It is very cooling and binding.

Galens *Cerate for the Stomach*:

TAke Maſtick,
Red Roſes, of each 20 drams,
Wormwood tops 15 drams,
Indian Spikenard 10 drams,
Unripe Oyle of Roſes 1 pound.
Make a Cerate according to art.
This ſtrengthens the ſtomach.

A Sparadrap, or Gualters Cere-cloath:

TAke unripe Oyle of Roſes half a pound,
Rams Suet 4 ounces,
White Wax 10 ounces,
Lytharge,
Red Lead of each 3 ounces,
Bole Armeniac,
Maſtick,
Lead burnt, prepared,
Frankincenſe,
Tutty, of each 1 ounce and half,
Camphire half an ounce.
The Lytharge and the red Lead with the Oyle of Roſes, and Suet added to them at the firſt with a ſufficient quantity of water muſt be boiled together to a due conſiſtence, then melt the Wax

Wax and poure it on: And lastly mingle the Powders, and so make a Plaster according to art, and whilst it is yet hot dip in a linnen cloath with both sides, and lay it wide upon a Table wet with Oyle of Roses.

It heals Ulcers.

The common Caustick.

IT is made of the strongest Lixivium dryed according to art.

This makes an Escar.

The Alchymie Stone:

TAke Roman Vitriol 1 pound,
Allum half a pound,
White Tartar,
White Vitriol, of each 4 ounces,
Common Bole,
Lapis calaminaris, of each 2 ounces,
Verdigrease,
Ceruss, of each 1 ounce.

Powder them fine, and let them boile well in Wine-vinegar, untill they grow to the hardness of a stone.

It is good for Ulcers, and for sore Mouths.

SECT. XIII.

Of the preparation of ſome ſimple MEDICAMENTS.

The feeding of Aloes with Juice of Roſes.

TAke clear Aloes Succotrina in powder ſo much as you pleaſe,
Juice of Damask Roſes what is ſufficient, to diſſolve the Aloes, then dry it, and powder it again, and diſſolve it in the ſame quantity of Juice, by wetting and ſtirring it, dry it again, and do this ſeverall times.

Burning of Braſs:

TAke Plates of Braſs as many as you will, put them into an earthen pot, and lay between the ſeverall Plates,
Brimſtone in Powder what is ſufficient;
And ſo lay one Bed upon another, and burne them

them with fire untill it be enough: waſh the Aſhes that remain in hot water often times.

Waſhing of Lime:

TAke quick Lime as much as you pleaſe, ſtamp it, and mingle it in a Veſſell with plenty of freſh water, when it ſetleth at the bottom, change the water, and mingle it again, and do the ſame thing ten times. Laſtly, pour on Roſe-water, and keep the Lime and dry it

Preparing of Steel:

TAke filings of pure Steel, as much as you will, wet it with the ſharpeſt Wine-vinegar, and dry it in the Sun, do this ſo often untill ſuch time as you can powder it upon a Porphyr ſtone, pouring a little Cinnamon-water upon it, and bring it to a Powder impalpable, which commonly will be when you have ſprinkled it twelve times.

The

The ordinary preparation of Hartſ-horn, Ivory, and other Bones:

TAke what Bones, and what quantity you will, cut them in pieces, and burn them in a Crucible untill they be very white; powder them finely, and waſh them ſometime with Roſewater, then grind them upon a Marble, and make Trochers of them.

A new way to prepare all Bones:

WHen you diſtill Aquavitæ, hang the Bones by a thread in the Neck of the Still, that they may not touch the Wine; then putting on the Still-head, diſtill your Wine, and the Vapours that ariſe will bring the Bones to a brittle ſubſtance at the firſt or ſecond diſtillation.

Preparation of Coriander and Cummin Seed:

TAke Seeds of Coriander, or Cummin, how much you pleaſe, ſteep them 24 houres in ſharp Vinegar, then dry them and lay them up for uſe.

The

The way to make Elaterium:

TAke of wild Cucumbers within eight dayes gathered, ſo much as will ſerve you: Cut them warily with the Point of a Knife in the middle of the Stalk, that the ripe Seed may leap forth into a large Baſon, without any preſſing out of the Fruit, but the Seed that remains, and the Mucilage muſt be gently preſſed forth on the Fruit cut upon a Sive, and muſt be ſtampt in a marble Morter with a wooden Peſtle by degrees, putting on the Liquor that drops from the Fruit that is cut, and a little Rain-water with it, and ſo all muſt be handled with your hands being hot, untill a fatoyely Liquor from the marrow of the Seed paſs like Pap through a thin new Sive, which being evaporated upon Sand muſt be brought to the conſiſtence of a maſs of Pils.

The preparation of Eſula, or Devils Milk.

TAke the Barks of the Roots of Eſula ſo much as you pleaſe; ſteep them in ſharp Vinegar at a moderate heat, then dry them and lay them up. So black Hellebour, and things of the like kind are prepared.

Preparing

Preparing of Lac:

TAke Lac that is not clean (for what is pure may be uſed without further preparation) and break it a little, ſo much as you pleaſe.

Boyle it in water, wherein

Roots of long Birthwort, and

Camels Hay, of each a like quantity, are boyled, untill ſuch time as the purer part ſwim a top, and the foulneſs ſinks to the bottom: Take off the purer part, and dry it in the Sun, or in a Stove, and keep it for your uſe.

Lapis calaminaris prepared.

TAke Lapis calaminaris as much as you pleaſe, make it red hot three times, and three times quench it in Plantain and Roſewater, then grind it ſmall upon a marble Stone, and with the ſame waters make it into Trochers.

Lapis lazuli prepared.

TAke Lapis lazuli what you pleaſe, burn it in a Crucible, then grind it, and waſh it ſo often with water of Motherwort, Balm, or ſome other

other Cordiall or common water, untill the water be clear after the washing it.

Pretious Stones, Corall, Pearls, Crabs-Eyes, and the rest prepared.

TAke choice white Pearls what you please, Grind them so long in a Mortar of Porphyr with a Pestle of the same, or of Steel, adding some drops of Rosewater thereto, untill they be reduced into very fine powder, and put into your mouth, make no noyse under your Teeth, then dry them a little, and make Trochers of them.

Earth-worms prepared.

TAke the greater Earth-worms, as many as you will, wash them so often in strong white Wine, untill they have layd all their filth by, then dry them and keep them for use.

Opium

Opium prepared:

TAke Opium what you please, Dissolve it in Spirit of Wine, when it is dissolved strain it, and evaporate it to a consistence.

Burning of Lead:

TAke very thin Plates of Lead, as many as you please; Brimstone what is sufficient. Make one Bed upon another in a new earthen Pot, kindle the fire, and with an Iron Spatula stir the burning Lead untill it come all to Ashes.

Scammony prepared:

TAke Scammony in powder as much as you please, put it into a Quince made hollow, cover it with Past, and in an Oven roast it, or under the Embers, then take out the Scammony and keep it for use, this is called *Diacrydium*, and commonly *Diagridium*.

Tutty

Tutty prepared:

TAke Tutty of the Shops, or Cadmia of the Greeks as much as you pleaſe; Thrice at leaſt heat it red hot in the Crucible, and thrice quench it in Roſewater, then upon a Marble bring it into very fine powder, and with Roſewater make Trochers of it.

Calcining of Vitriol:

TAke Vitrioll in powder what you will; Dry it in an earthen unglazed Veſſell, at a moderate fire till it grow white, alwaies ſtirring it ſtrongly that it do not grow hard as a ſtone, and ſtick to the Veſſell; then encreaſing the fire for a quarter of an houre, it will change into a red.

Of

Of some Names that signifie more things then One under one Title.

The five opening Roots.

Smallage,
Sparagus,
Fennel,
Parsley,
Knee Holm.

The four Emollient Herbs.

Marsh-Mallows,
Betes, or Pillitary of the Wall,
Mallows,
Violets,

The five Capillary Herbs.

Maidenhair,
Phyllitis, or Harts-tongue.
Trichomanes,

Trychomanes, or golden Locks,
Wall Rue,
Ceterach.

Three Cordiall Flowers.

BOrrage,
Bugloſs,
Violets,

The four greater hot Seeds.

ANniſe,
Cardamom,
Cummin,
Fennel,

The four leſſer hot Seeds.

BIſhops Weed,
Smallage,
Caraways,
Daucus,

The four greater cold Seeds:

Cucumber,
Gourd,
Citruls,
Melons.

The four leſser cold Seeds:

Succory,
Endive,
Lettice,
Purſlain,

Fragments of the five pretious Stones:

A Granate,
Jacinths,
Saphir,
A Sardius, or Cornelion,
An Emrod.

Of Weights and Meaſures for Phyſick that are now in uſe, with their Characters.

A Grain is a pretty large Grain of Barley, gr.
A Scruple, or 20 Grains ℈.
A Dram contains 3 Scruples, ʒ.
An Ounce contains 8 Drams, ℥.
A phyſicall Pound is 12 Ounces, ℔
Half a pound, or 6 ounces, ℔ ſſ.
A Quarter, or three Ounces, Quart.
A Handfull as much as your hand holds, M.
A Pugil, what you hold with the tops of your fingers, P.

One Pint holds about 20 Ounces of Liquor, P.
No. ſtands for numbers.
Par. for *pares*.
A. or *ana*, as much of each.
Part. æq. for equall parts.
℞. *S.* what is ſufficient.
℞. *V.* what you will.
℞. *pl.* what you pleaſe.
S. A. according to Art.
S. S. S. Bed upon Bed.
B. M. Balneum Mariæ, or Water-bath to diſtil by.

THE SMALL HERBALIST,

Or Book of

PLANTS.

CONTAINING

The Force and Operation of all the ordinary *Plants* and known *Fruits* that Men daily uſe, and whereby, by Gods help, every one may preſerve his own Health, and cure many SICKNESSES and DISEASES.

New Printed and Enlarged.

LONDON,

Printed by *E. C.* 1659.

THE SMALL

HERBALIST,

Or Book of

PLANTS.

THE EPISTLE TO THE READER.

Courteous Reader,

GOD *preſerve both your Body and your Soul. Being that we all are Chriſtian Brethren, brotherly Love requires, That we ſhould one help another, each man according to the Talent and Gift that he hath received of God; this is pleaſing unto God, and good and profitable for Men. I let you underſtand, that from my Youth up, I alwaies took great pleaſure to know* Herbs *and* Plants, *and to be acquainted with their Force and Vertues: Having therefore uſed this a long time, and obſerving the wonderfull Works of God in them, the Beauty of* Flowers, *the Effects of* Herbs, *the miſery*

of Men, and what need they have of them, and that many of them are unknown, and that God the Lord hath created this whole World as our great Garden, and hath lent unto us the use of all these Creatures, and hath delivered to each man a Talent; I thought fit to write this small Book of Plants *to avoid idleness, and that it might be to Gods Glory, the Salvation of my Soul and good of my Neighbours, to teach men to know the great Gardner and Maker of all Creatures, by his wonderfull Works, to praise and honour him for them, to fear him, and to receive his Gifts with thankfulness, and to use them as he requires they should, soberly to his Glory and their own Salvation.*

Christian Brethren, these are the chief reasons that moved me to plant this Garden of Herbs, that you might take your pass-time in it, and gather such Fruits from hence as you desire, but upon this condition, that you return Praise to the great Gardner, our Lord *and* Saviour, *for all his Mercies; And pray for me the Gardners Servant, as I do from my Heart for you.*

So far you well in the LORD.

TO

TO THE GARDNERS.

Loving Friends, Fruiterers, and Gardners, God prosper you all. You know that our Lord saith in the Holy Gospel, That all Trees that bring not forth good Fruit shall be pluckt up and cast into the fire. *This must not be understood of Trees growing in the Gardens, but of Men, who if they live not well, but are dead in sins and trespasses, and in unbelief, they shall be cast into Hell-fire, that we may take warning before hand, and learn to bring forth good Fruit. A Man is but a Tree turnd upwards, whose Roots should be fast planted in Heaven by Faith and Love, and since men are naturally dead, our old Adam must be lopt off, and we must be ingrafted into our Saviour Jesus Christ; our hearts must not be set upon temporall and transitory things, but Christ alone must grow in us, and we in him: we must bring forth Flowers of a vertuous life in him, and in him must we bear fruits of Immortality.*

Leaves

Leaves and Flowers do well adorn the Tree, but the Fruit only brings the profit. It is not enough to be called Chriſtians, and to read and hear the will of our Maſter, and to have ſome ſhew of good Works, but we muſt take pains to bring forth good Fruit, that is to live honeſtly and righteouſneſs, loving our God above all, and our Neighbours as our ſelves, and exerciſing our ſelves in the works of Mercy, behaving our ſelves as Chriſtians ought to do. So ſhall we make it appear that we do bear good Fruit unto life eternall.

Farewell.

Of

OF THE

Fruits of Trees.

THEIR

Nature, Force, and *Working.*

Almonds. 1.

Their description and kinds

Their use.

ALmonds are called in Latine *Amigdala*, and they are of 2 ſorts, ſweet Almonds and bitter. Almonds are of a warm nature; Almonds eaten dry are good for the Reds, and for looſneſs of the Belly, eſpecially when the outward skins are taken off with warm water firſt, Almonds eaten with Rayſins, or Currence, or Figs, is dainty food, and it ſtrengthens nature nouriſhing one very well, and encreaſeth the force of Mankind. Almond Milk which is made by the Apothecaries,

Apothecaries, is good againſt caſting of blood, or piſſing of blood; it ſoftneth alſo the Breaſt, and cleanſeth it of Flegm and foul matter, and is good for tender and ſickly people, and maketh them ſleep well. Oyle of bitter Almonds will keep Armour clean, if you annoint it therewith. Men uſe to ſmeer it alſo upon the ſtomach that is ill at eaſe, and narrow, and upon the Quinſie of the Throat. A little Oyle of ſweet Almonds new drawn by the Apothecarie and drank with Beer, eaſeth all inward pains of the Limbs: and be it outwardly, you muſt annoint the place where the pain is.

Pomgranates. 2.

Their deſcription and kinds

POmgranates are called in Latin *Poma granata*, they are of different taſts, for ſome are ſweet, ſome ſoure, ſome ſharp. Theſe Fruits grow in *Spaine*, and they are brought from thence, and ſold here; the ſoure are beſt in hot Feavers, and are very fit to coole the blood.

Their uſe.

Pomgranates are of a cooling nature, and they bind together. Pomgranates are good for an ill ſtomach, and againſt all faintings of the heart, and loathings of meat, they quench thirſt and refreſh the mouth: For this purpoſe one may uſe Syrup of Pomgranates. Pomgranate ſhels ſod in water, and gargled in the mouth with a little Vinegar, cleanſeth the Gums, and is good for the rank blood thereof, and faſtneth looſe Teeth.

Oranges

Oranges and Lemmons. 3.

THe Orange is called in Latine, *Malum aurantium*, or *Pomum aureum*. They are both well known, and there are two ſorts of them, ſweet and ſoure, they come yearly from *Spain* in abundance. Lemmons are called in Latine *Limones*; theſe and Oranges have the ſame force, and therefore I ſet them together. They are exceeding good to cure faintings of the heart, and to ſtrengthen it, and to provoke the Appetite to meat: This kind of Fruit is of nature cold, they ſtrengthen and refreſh the heart, they drive away fainting and thirſt, and are good for them to eat that are hot and in peſtilent Diſeaſes: You ſhall find the Syrup of Lemmons alwaies ready at the Apothecaries Shop, that is good for the ſame uſe. The Kernells within the Oranges and Lemmons are good againſt Worms, and againſt all Venome. The Pills of Oranges and Lemmons Candied with Sugar, or the Syrup thereof eaten, warm the ſtomach, and getteth a man a ſtomach.

Their deſcription.

Their uſe.

Quinces. 4.

A Quince is called in Latine *Cidonium*, This Fruit grows plentifully in *England*, in Orchards, and many other places, and they thrive well

Their deſcription.

Their uſe. well neer unto Ditches and moiſt places, and are uſed very much both by thoſe that are well, and thoſe that are ſick. ſome boile them to eat, others preſerve them, make Pies of them, alſo Syrup and Oyle is made of them, and the Apothecaries alſo keep the Juice of them. They refreſh and ſtrengthen the heart, ſtop Fluxes of the Belly, and the Reds alſo. Alſo Marmilate of Quinces ſerves for the ſame uſe, and is dainty meat for many people, and is eaten at Feaſts and ordinary Meals. Syrup of Quinces is good to take againſt the deſire to vomit, and weakneſs of Nature, and quenches thirſt well. Quinces are cold in the firſt degree, and dry in the ſecond, and they naturally bind. Quinces eaten ſtop the looſneſs of the Belly, and all Fluxes of blood, and are good for them to eat that vomit blood. Marmilate eaten ſtrengthens the ſtomach, and hinders Belchings, and makes freſh blood, ſhuts the ſtomach taken after meat, that the fumes may not riſe up to the head, and withall is good againſt the falling down of Rheums. Oyle of Quinces is good to annoint the bellies of thoſe that are troubled with a Scouring, and of Women that are tormented with the riſing of the Mother, or but annointed on the ſtomach, it will hinder vomiting up. Quince Kernells layd to ſoke in Roſewater, refreſh the mouth, and are good againſt Burns and Scalds.

Dates

Dates. 5.

DAtes are called in Latine *Dactili*, it is a fat Fruit in taſt, and grows on Palm-Trees in *Barbary*, and they ſerve better for Banquets then for Phyſick; they are to be bought from Groſſers and Apothecaries. *Their deſcription.*

Dates are by nature cold and dry, and are good to eat againſt Vomiting of blood, and all Fluxes of the belly. The Apothecaries make an Electuary called *Diaphenicon* which ſome take inwardly alone, or with ſome warm drink to purge them, & it is good for the wind Cholick, driving flegm from the ſtomach, and Wind and Choler. You may take half an ounce, or ſomewhat more if your body be ſtrong. *Their uſe.*

Olives. 6.

OLives are called in Latine *Olivæ*, thry grow plentifully in *Spain*, where they preſs out their Oyle of Olives, whereof moſt of our common phyſick Oyles are made. *Their deſcription.*

Olives are of a temperate nature, between hot and cold, Olives eaten ſerve to ſtrengthen the ſtomach, and to procure a good Appetite. Oyle of Olives drank with warm water makes one to vomit, if you put your finger in your Throat afterwards; Oyle of Olives eaten with bread *Their uſe.*

bread and beer heals the body inwardly, eaſeth all pains and griefs, and being uſed either inwardly or outwardly, heals all Limbs that are drawn together by Convulſions: white bread dipt in Oyle and eaten is good for the gnawing of the Guts proceeding from Scowring.

Juniper Berries. 7.

Th. Deſ. THe Juniper Tree is called in Latine *Juniperus*, and the Berries *Bacæ Juniperi*. You ſhall have them at the Apothecaries.

Their uſe. Juniper Berries are dry and warm by nature, Juniper Berries bruiſed and hanged in a Bag in a Pot of Wine, is good to drink for an ill ſtomach, for the Lungs, Liver, and Kidneys, and cleanſeth the Breaſt alſo, and is good againſt the Dropſie, and for thoſe that are much bruiſed inwardly. The Water that is diſtilled from them is very good for the ſame purpoſe. Juniper Berries bruiſed, and caſt on a Chafing-diſh of Coals to make a Fume, drive away all ſtinks, and ill ayre, and is very good in Peſtilentiall times, the wood alſo is commended to burn in a Chamber, that it may ſmoak and purge the ayre.

Willows

Willows. 8.

THe Willow is called in Latine *Salix*, it is a Tree well known, for it grows every where almoſt by the way ſides. *Th. Deſ.*

Willows are of a dry and cooling nature, Willow-leaves are good to ſeeth in water to waſh ones Feet with, and the Reek thereof is good for the Gout, for it eaſeth the pain. Willow Leaves ſod in Wine and drank, is good againſt vomiting of blood, and ſcowring of the belly, and for the too great abundance of Womens Courſes. The Rinds of Willows burnt and mingled with Vinegar, drive away Corns and all hard knots, if you bind it on. *Vſe.*

Agnus caſtus. 9.

PArk Leaves called in Latine *Agnus caſtus*, is a kind of Willow that waxeth ſmall, and hath ſmall tuff Twigs, and long black and green Leaves and Flowers, like to Elder, and there come green berries that are almoſt black. *Deſcrip.*

Park-leaves are naturaliy warm and dry in the third degree; Park-leaves ſod in water and drank, driveth away Luſt, and maketh a man live chaſtly; And therefore Monaſtick people uſe it, that they may by the help of God lead *Vſe.*

their life in Continency. The Leaves thereof are good for the same use, put into a Pillow to sleep upon, or the Seed drank in Powder. The same Powder drank in Wine drives wind out of the belly and Guts which do cause great paine, and it is also good to drink against a foule stomach; it opens also Womens Courses, and the stopt Liver.

Apples. 10.

Their description. Apples are called in Latine *Poma*, These are of divers sorts, and well known.

Their use. Apples are cold and moist of nature, the best are those that tast sharp, and that Coddle well when they are boyled. Apples cut into peeces and sod in Buttermilk with a Crust of Rye bread, is good for Men to drink in a Feaver when they are thirsty, for it will quench the thirst, loosen the Belly well, and is good for the faintness of the heart. A roasted Apple is commended for weak and sick men; to eat Apples sod soft, and a raw fresh Egg broken into them, with some Sugar, Butter, and powdred Cinnamon, is good for faint and tender people to use. Apples eaten before meals loosneth the Body, and are good to be eaten boyled, by melancholy and sad people, for they refresh the heart, and strengthen the Brain and Senses, and are good to be used for a foule stomach,

and

and beating of the heart, especially if some Cinnamon be put to them.

Pears. 11.

PEars called in Latine *Pyra*, they are of divers kinds. Pear-tree wood is fast and compacted, fit to make Pictures of, and to cut Prints in. *Th. Def.*

Pears are cold in the first degree, and dry in the second. Pears nourish more then Apples do; eaten before meat they bind the Belly a little, especially stewed with red Wine. Pears sod or roasted strengthen the stomach and heart, and are good for faint people to eat, especially if they be preserved and covered with Spices, so are they very good for them to eat, who are sometimes sad and are in a Consumption. *Vse.*

Figs. 12.

FIgs called in Latine *Ficus*, are well enough known; though they grow but seldome in our Country, yet they come in abundance from *Spain* every year. *Descrip.*

Figs are of a warm and moist temper. Figs roasted are good to eat for a foule stomach, they loosen the flegm and ripen it, that it may come forth easily, they open the Pores, and cause one *Vse.*

to ſweat, they eaſe all inward paine, and o-pen. Figs cut in pieces and ſod in Beer, is good to drink for Children that have the ſmall Pox, for it ſtrikes all filth outwardly from the heart; This Fig-beer is good alſo to drink for them that are ſorely bruiſed, or hurt inwardly by falls or blows, for it eaſeth the pain, and ſcatters the clotted blood. Alſo Figs cut in ſunder, and the Seeds taken out, and then ſod in water, is a good Gargle-water for a hoarſe Throat, and ſore Mouth, and you may alſo lay a toaſted Fig thereon, and that will ripen and break the Swelling. Figs with Walnut Kernels, Rue, and Salt a little, ſtamped together is a very good Antidote in hot Peſtilentiall times. Boild in Pap made with Flour, they make Swellings ripe, and to break out, as you lay it on pretty thick. Figs eaten with Almonds, ſtrengthen the Limbs and nature of old people, and amend the ill ſtate of the body, and are good alſo for a foule Bladder.

Mulberries. 13.

Their deſcription. MUlberries in Latine *Mori*, The Mulberry Tree hath his Leaves late, and his Fruit rare; the Silkworms feed on the Mulberry Leaves.

Their uſe. Mulberries as they are ripe are of a temperate quality, and ſerve well if they be eaten moderately

rately, for people that are Feaverish and thirsty. In the Apothecaries Shops you shall have a Syrup called *Dianioron*, and this Syrup mingled with Plantain-water or Honey, is good to gargle for a soare Throat, and for the
The Leaves of Mulberries, or the Roots sod in water, and the Mouth washt therewith, and with a little Vinegar, takes away the Toothach.

Medlars. 14.

THe Medlar Tree is called in Latine *Mespilus*, and the Fruit *Mespilum*. *Descrip.*

Medlars are naturally cold and dry, Medlars eaten stop the loosnes of the Belly. The stones that are in the Medlars, being powdred, and drank in warm Beer, with Sugar and Butter, is good against Gravel and the Stone. The Branches of the Tree are good to make Huntingsticks and Broomsticks, and Wands to correct naughty Children that are stout against their Governours. *Vse.*

Cherries. 15.

CHerries in Latine *Cerasa*, are pleasant Fruit to behold, and to eat; there are many sorts of them, but the soure black-ones and sharp

red ones are the beſt to be eaten. The ſweet black ones are not ſo wholſome to eat as the red are.

Uſe. You may have red Cherries preſerved, alwaies to ſell in the Apothecaries Shops, and they ſerve to quench thirſt, and to refreſh the Mouths of people in Feavers. Theſe Fruits are cold and moiſt of temper, they looſe the Belly, and make eaſie Stools. The preſerved Cherries are pleaſant meat for ſick Folk, for they quench thirſt and ſtrengthen the ſtomach. Cherries eaten do cool one, make good blood, and get one a ſtomach to his meat, and drive off tuff flegm from the Breaſt. The Gum that comes forth of the Cherry-tree, melted in Wine and drank, cures an old Cold.

Peaches 16.

PEaches in Latine *Perſicum*. This Tree is planted in Orchards, and there are two ſorts of them, as ſmall Peach-trees that beare ſoon, and Peach-trees that are longer before they beare; they have a moſt pleaſant Flower, and Fruit, and are good eaten moderatly. Peaches are cold and moiſt to the ſecond degree; they quench thirſt in burning Feavers, and open the Body when they are ripe. The Flowers of the Peach-tree candied with Sugar, are good to eat for a foule ſtomach. The Leaves of Peach-trees cut ſmall, and bound upon the Navell of any Children, kill and drive out the Worms.

The

The Kernels of the Peaches are warm and dry, almoſt in the third degree; They open the ſtoping of the Liver and Lungs, and they are almoſt of the ſame force as bitter Almonds are. The Gum that grows at this Tree melted in Wine, is good to drink againſt vomiting of blood, opens the Breaſt and Lungs, and drives out alſo the ſtone.

Sena Leaves. 17.

SEna Leaves called in Latine *Sena*, are well known in many Shops, though there grows but little of it here that is good, the ſmalleſt Leaves are beſt that come from *Alexandria*. *Deſcrip:*

Sena Leaves are dry and warm in the firſt degree, and Men uſe them moſt to purge themſelves with. Take a quarter of a pound of Damask Pruins, break them in pieces ſtones and all, and then ſeeth them in ſmall Beer, or Whey, then at laſt put in half an ounce of Sena Leaves, let them boile one boile with the Pruins, and then let them ſtand and ſoak. This Liquor ſtreined through a Cloath, and ſweetned with Sugar, and drank off, purgeth one, is good for thick blood, for Scabs and groſs humours, it cleanſeth the blood, lightneth the Heart, and drives out abundance of filth. Alſo a quarter of an ounce of Powder of Sena drank early in the Morning with Sugar and butterd Beer purgeth one, and draws the pain out of the head. *Vſe.*

Savin. 18.

Deſcrip. THe Savin Tree is a ſmall Tree, and hath dark green Leaves, it is planted in many Gardens.

Uſe. Savin is warm and dry in the third degree, this Plant being dry, layd in Wine and drunk, opens Womens Courſes, it makes one make water till blood come, and is good alſo to drink againſt the yellow Jaundice. Savin ſtampt with Honey and Vinegar, is good to lay upon foule and eating Soars, and cures them; alſo it drives away Warts and all Spots.

The Aſh Tree. 19.

Their deſcription and kinds THe Aſh in Latine *Fraxinus*, is Wood for Turners, it is very tuff and hard to make Stools, there is much of it planted by the Way ſides.

Their uſe. Aſh is of a drying quality, as *Lignum vitæ* is. Aſh Keys dryed and powdred, is good to drink in Butterd-beer againſt Gravel, and one may eat them dry. The Leaves ſod in Wine and drunk, are good againſt Venome, and for a foule Milt and Liver.

Moſs

Moſs. 20.

MOſs, in Latine *Uſnea*, or *Muſcus*, is well known by Shipwrights, it is growing upon Okes, and ſmells well. *Deſcrip.*

Moſs is of a binding quality, Moſs layd in Wine, and the Wine drunk from it, ſtops the vomiting, and is good to drink againſt the Dropſie, and brings Reſt. Moſs ſtops the blood of thoſe that are wounded, if it be bound faſt on, and ſtops Womens Courſes that are too great. *Uſe.*

Oke. 21.

OKe, in Latine *Quercus*, is a Tree well known, that bears Acorns, it is moſt uſed to build Houſes and Ships, and grows in Woods, and by the Way-ſides. Formerly men made bread of Acorns, and now a daies we fat Hogs with them. Men ſay, the Oke grows a hundred yeares, ſtands at one ſtay a hundred years, and is a hundred yeares decaying. *Deſcrip.*

All that comes of the Oke is of a ſtopping and binding nature. Oke-leaves ſod, or water diſtilled from them, is good to drink againſt a Looſneſs. The Acorns ſerve for the ſame purpoſe, if they be powdred and drunk with Wine *Uſe.*

or

or Beer, and moreover they are good for to drink againſt the Stone, and make one make water well.

Oken-wood, or Suet and Reniſh Wine, theſe three cannot be betterd.

Gauls. 22.

Deſcrip. GAlls, in Latine *Gallæ*, are ſmall round Apples well known in Shops, they grow upon Oke-leaves; theſe Apples, or ſmall Nuts *Their uſe.* are very much uſed to make Ink, and to dye black with, and if you hold them in your Mouth they will make you ſpit much, and they draw much water from your head: Galls do dry, and bind much, Galls ſod in Beer and drunk ſtop a Looſneſs, or Galls beaten to powder and drunk with red Wine do the ſame. Galls burnt and quenched in Vinegar, and then powdred, that powder is very excellent to ſtop blood with.

Cheſtnuts. 23.

Deſcrip. CHeſtnuts, in Latine *Caſtaneæ*, they grow not much in our Country, they lye in prickly Coats, two or three together, and when they are ripe they are brought to us, and to other places, from *Germany* and *France*.

Cheſtnuts

Cheſtnuts eat, are a drying meat, and of a binding quality. Cheſtnuts roaſted and eaten, taſt and nouriſh very well, eſpecially if a man do drink well with them, as dainty people uſe to dreſs them. Cheſtnuts are alſo good to eat for a Looſneſs. *Uſe.*

The Tiel Tree. 24.

THe Tiel Tree, in Latine *Tilia*, it is a fair hedge Tree, full of fair thick Leaves. Men uſe to ſet Benches and Tables under it, and they are much planted for ſhady Walks in rows for men to walk under, and to reſt free from the Sunſhine in hot Weather. The Flowers of the Tiel Tree have a moſt curious refreſhing ſmell; and water diſtilled therefrom is a noble Water to drink againſt the Wind-cholick, and the Falling-ſickneſs. The Aſhes of the Tiel Tree wood burnt, are good to drink with good Ale, or ſtrong mild Beer, againſt Falls and Bruiſes. *Deſcrip. Uſe.*

Capers. 25.

IN Latine they are called *Capperes*. Capers are the Bloſſomes, and young Fruit kept in pickle, and are brought hither from other Countries. *Their deſcription and kinds*

They

Vſe. They are naturally warm and dry. Alſo Capers waſht and ſod, and eaten for a Salade with Oyle and Vinegar, is a wholſome meat, ſerving to make a good ſtomach, and to open the Milt and Liver that are ſtopt, and they ſeperate and digeſt cold Flegm in the ſtomach, Capers are good alſo for the Gout, and the Sciatica.

Broom. 26.

Deſcrip. BRoom, in Latine *Geniſta*, it is a woody tuft Plant fit to make Beaſoms of. The Broom hath fair yellow Flowers, and as they are gone, there grow up ſhells that have the Seed in them, it is well known almoſt in all places.

Their uſe. Broom is warm and dry in the third degree, the Brooms Buttens men lay in Pickle, and keep them for Salads to eat, and theſe they call Broom-capers, they are very wholſome eaten for Salades with Oyle and Vinegar. Broom-ſeed powdred and taken inwardly, dryed with Sugar, or with ſome Broth, is good for the Dropſie, end for the Stone, it opens the Liver that is ſtopt, and the Milt, Bladder and Kidneys, and alſo makes a man to ſweat well, as it is inwardly taken, and men lye down and be covered warm. For the ſaid uſe men may drink the diſtilled Water of Broom Bloſſoms.

Bay-berries

Bay-berries. 27.

BAy-berries, in Latine *Baccæ lauri*, they grow on the Bay-tree, that brings forth fair green ſweet Leaves. Formerly Conquerors and Poets were wont to be Crowned with them, and now a daies they are called *Poets Laureate*. *Their deſcription.*

Bay-berries are warm and dry in the ſecond degree, and they are good againſt all Venomes and Poyſons. Bay-berries ſtamped ſmall without the ſhells, and mingled with Honey, or ſweet Wine, is a noble remedy for thoſe that are ſhort winded, and that are over-charged with cold Flegm at their ſtomach, often licked and held in the Mouth, and is alſo good if is be uſed by ſuch as are in Conſumptions, and that have Rheums that fall from their Heads upon their Breaſts. Wine that Bay-berries without the Shells are infuſed in, is good to drink for Women that lye in, that are in pains after delivery. Bay-berries ſtampt, and half a quarter of an ounce of the powder put into Beer or Wine, with a piece of Butter, and drunk hot before a man goes to ſleep, makes one to ſweat well, cures many foule Diſeaſes, Scurff and ſickneſs, and is alſo good for the Dropſie. He that hath a foul ſtomach muſt ſtrike it over with Oyle of Bays, or where he finds his pains, and if it come from Cold, it will help him by Gods bleſſing. Bay-berries drank cauſe a man to make water well, breaks the ſtone in the Bladders *Their uſe.*

der and the Kidneys. He that hath paines in his head, muſt powder Bay-berries, and put them in a Bag, and ſleep thereon, laying it under his head, and it will cure him.

Walnuts, 28.

Deſcrip. VValnuuts, in Latine *Juglandes*, theſe grow in bitter ſhels upon the Nut-tree that grows high and faire, and hath a Leafe ſmels well. The wood is very faire and cloſe, and is good to Carve on; they grow by many Way-ſides.

Vſe. The Walnuts are dry and warm by nature, Oyle preſt out of the Walnut Kernels, is very good to annoint Haire-worms, and ſcabby Heads, for it will cure them, as you firſt waſh them a little clean with warm water and Vinegar. The Kernels of Walnuts, and a graine or two of Salt, and Rue, are good to uſe in hot Peſtilentiall times, and is then a good Antidote.

Small Nuts, 29.

Deſcrip. HAſell Nuts in Latine *Avellanæ*, are known well enough; They are brought hither out of *Norway*, in great Casks in abundance, and eaten

eaten for liccoriſh meat. The wood is exceeding tuff to make Hoops and Bows with.

Haſell Nuts are warm and moiſt of nature: The Kernels of ſmall Nuts bruiſed, and mingled with Honey, cure an old Cold. Haſell Nuts parched, and drunk with ſome Pepper, makes the cold Diſtillation ripe. Haſell Nuts broken and mingled with Currance, is good for them to eat that have foul Lungs. Haſell Nuts burnt, and mingled with Hogs Greaſe, and annoynted on bald places, makes the haire to grow exceedingly. *Their uſe.*

Blackberries, 30.

BLackberries, in Latin *Marabati*; They are of two ſorts, black and blew Berries, and they grow abundantly by the Way in high Lands, upon prickly Buſhes, which Children ſeek much after, and eat them when they are ripe; for they cool and quench thirſt: Apothecaries call the Syrup of them *Diamoron*. *Their deſcription.*

Buſh Berries are by nature cold and dry, and binding. Syrup of Blackberries mingled with Honey or Sugar, is very good to uſe for a ſore Mouth, and for the or for a ſore Throat gargled, and the Mouth waſht with ſome Rain-water, and a ſpoonfull of Vinegar together. Blackberries eaten cool much, and quench thirſt, are good againſt hot Feavers; And for this one may uſe alſo the diſtilled wa- *Their uſe.*

ter,

ter, or the uppermoſt Sprouts ſod in ſmal Beer, which is alſo good for the looſneſs of the Belly and is good alſo to gargle in the Mouth, for it cleanſeth the Gums of ill blood, and faſtneth the Teeth, and waſheth away all filth, and gargled for a ſore Throat.

Goosberries, 31.

Deſcrip. GOosberries, in Latine *Uvæ criſpæ*; Theſe grow in Gardens, and Hedges, upon ſharp thorny Buſhes. They are of the firſt Fruits that come to be ſold in Summer, and are boyld with many things. Goosberries are cold and dry in the ſecond degree, uſed for Sawce they make *Uſe.* one have a good ſtomach to his Meat, ſtop the looſneſs of the Belly, they cool a hot ſtomach and Liver, and drive away unnaturall inward heat, and are good for ſuch as are Feaveriſh. The young Leaves fryed with Eggs, are good for them to eat that have the Stone, or are troubled with Gravell.

Roſes, 32.

Deſcrip. A Roſe in Latine, *Roſa*, they are of divers ſorts, wild and Garden Roſes, double and ſingle, white and red: The double Pro-

venet

vence Roſe is held to be the beſt, and ſerve to make Syrup. The red by ground Roſes that men pull almoſt ſo ſoon as they begin to open to make Conſerves and Roſe-vinegar; alſo men diſtill white Roſe-water.

Roſes naturally cool and refreſh us; Conſerve of Roſes that you find at the Apothecaries to be ſold, is good to ſwallow down againſt trembling and faintneſs of the heart: Infuſion of Roſes is good to purge one eaſily; Roſewater is commended to waſh red running Eyes. Roſes are alſo good to be uſed in hot Feavers, they refreſh the Heart, and quench thirſt. Unguent of Roſes is good to annoynt the part of the head that is in pain, from heat, and cooles very much, and takes away the pain. Oyle of Roſes doth the ſame, you ſhall alwaies find theſe at the Apothecaries. *Vſe.*

Elder, 33.

ELder, in Latine *Sambucus*, Elder grows much by Country Farms, and ſerves to cool their Chambers. The Wood when it is dry is wonderfull hard, the Flowers are dryed to make Elder Vinegar of, and ſome diſtill water from them that ſmels moſt ſweetly. *Deſcrip.*

Elder is naturally warm and dry, Elder Vinegar with half a quarter of an ounce of Venice Treacle taken inwardly, and a man then covered warme to ſweat upon it, it will cure the *Vſe.*

Plague and hot Feavers: As the Elder firſt ſprings, the Buds chopped and baked with Egg, and ſo eaten, will purge a man, drive off watry humours, and flegm from the body. The leaves ſtampt are good to lay upon Swellings, and the Gout; the middle Rine of the Root boyld in Beer and drunk, purgeth forcibly, and draws off the water: diſtilled Elder water is for the ſame purpoſe, as you drink a reaſonable draught thereof.

Caſſia Fiſtula, 34.

Their deſcription. *Caſſia Fiſtula* is the name in Latine, They are long black Canes that grow not in this Land, but are brought hither from ſtrange Countries. It is well known in Apothecaries Shops. Caſſia is temperate by nature, one ounce of it taken inwardly with Sugar, makes eaſie Stoole, and works gently; and young or old people may take it without hurt. Caſſia cleanſeth the blood, quencheth thirſt, drives flegm out of the Cheſt and ſtomach, and drives out the ſtone in the Bladder and Kidneys.

Their uſe.

Whortl

Whortell Berries, 35.

WHortel Berries, in Latine *Vaccinia pa-lustria*, they are blew Berries that grow abundantly in wild places, and are to be ſold in the beginning of Summer, and are eaten for dainties. *Th. Deſ.*

Whortell Beries, cool and dry, as red Currance do, and are good to eat againſt inward heat in burning Feavers, and to cool a hot Liver, and all the inward parts that are over hot, and they ſtop alſo looſneſs of the belly, and hinder vomiting, and quench thirſt. *Uſe.*

Liccoris, 36.

LIccoris, in Latine *Liquiritia*, or *Glycyriza*, is a Root that is well known in Shops, and is very much uſed in Phyſick to ſoften and eaſe pain. *Deſcrip.*

Liccoris ſoftneth and eaſeth all pains it is uſed againſt, it is temperatly warm and moiſt in nature: Liccoris chewed, and held long in the mouth, eaſeth the raw Breaſt, and hoarſe throat, and frees the ſtopt Lungs that are loaded with Flegm, and makes the tuff flegm ripe, doth alſo Juice of Liccoris held long in the mouth, and ſwallowed leaſurely. Liccoriſh *Uſe.*

Plague and hot Feavers: As the Elder firſt ſprings, the Buds chopped and baked with Egs, and ſo eaten, will purge a man, drive off watry humours, and flegm from the body. The leaves ſtampt are good to lay upon Swellings, and the Gout; the middle Rine of the Root boyld in Beer and drunk, purgeth forcibly, and draws off the water: diſtilled Elder water is for the ſame purpoſe, as you drink a reaſonable draught thereof.

Caſsia Fiſtula, 34.

Their deſcription. *Caſſia Fiſtula* is the name in Latine, They are long black Canes that grow not in this Land, but are brought hither from ſtrange Countries. It is well known in Apothecaries Shops. Caſſia is temperate by nature, one ounce of it taken inwardly with Sugar, makes eaſie Stools, and works gently; and young or old people may take it without hurt. Caſſia cleanſeth the blood, quencheth thirſt, drives flegm out of the Cheſt and ſtomach, and drives out the ſtone in the Bladder and Kidneys.

Their uſe.

Whortell

Whortell Berries, 35.

WHortel Berries, in Latine *Vaccinia palustria*, they are blew Berries that grow abundantly in wild places, and are to be ſold in the beginning of Summer, and are eaten for dainties. *Th. Deſ.*

Whortell Beries, cool and dry, as red Currance do, and are good to eat againſt inward heat in burning Feavers, and to cool a hot Liver, and all the inward parts that are over hot, and they ſtop alſo looſneſs of the belly, and hinder vomiting, and quench thirſt. *Uſe.*

Liccoris, 36.

LIccoris, in Latine *Liquiritia*, or *Glycyriza*, is a Root that is well known in Shops, and is very much uſed in Phyſick to ſoften and eaſe pain. *Deſcrip.*

Liccoris ſoftneth and eaſeth all pains it is uſed againſt, it is temperatly warm and moiſt of nature: Liccoris chewed, and held long in the mouth, eaſeth the raw Breaſt, and hoarſe Throat, and frees the ſtopt Lungs that are loaded with Flegm, and makes the tuff flegm ripe, ſo doth alſo Juice of Liccoris held long in the Mouth, and ſwallowed leaſurely. Liccoriſh *Uſe.*

quencheth thirſt, and refreſheth a dry and hot ſtomach, and is good for Conſumptions, and hot Infirmities of the Liver, and cures Impoſtumes of the Kidneys, and the ſcurf of the Bladder, and eaſeth all ſharp and ſmarting pains.

The Vine, 37.

Their deſcription. THe Vine is called in Latine *Vinea*, and the Grapes *Uvæ*: It is a Tree that is not much regarded, yet it bears gallant Fruit, as every one knows by the Wine that is preſt out of them.

Their uſe. The nature of Vines are different, for the unripe Grapes make Verjuice and Vinegar that are cooling, but the Wine we drink warms and heats: Wine drank moderatly lightneth mans heart, refreſheth and ſharpneth the underſtanding, and makes the body ſtrong. Wine is Milk and good nouriſhment for old people, and it nouriſheth and preſerveth them, but it is oftimes the ruine of young men, therefore young people might do well not to drink it too commonly, and ſpare it for ſuch as are in yeares for whom it is moſt fit. Wine makes a man Courageous, and lovely, and ſtrengthens well the Reins of old men, and makes them digeſt their meat well, that they may eat with an appetite and taſt their meat as they ſhould. Vinegar, or Verjuice mingled with Sugar, is a good Syrup to lick of in hot Feavers, for it taſ

taſts lively, quencheth thirſt, and ſtrengthneth a weak ſtomach.

He that drinks Wine ſoberly,
Shall ever live merily:
But to drink over much,
Wine will do no good to ſuch.

Garden Currance, 38.

CUrrance are called in Latin *Ribes*, and *Groſſularia*, They are well enough known, they grow in Orchards and Hedges, and are planted under our Fruit Trees, and ſhadowy places. The red Currance are by nature cold and dry, eaten, they coole the Stomach, the Heart, and Liver, and are very good againſt all heat of blood, and againſt all hot Feavers: they drive away thirſt. Garden Currance ſtop the looſe Belly, and the Reds. Againſt all the foreſaid Diſeaſes you may uſe the *Rob de Ribes*, alwaies to be had at the Apothecaries, that is very pleaſant to eat, and very fit for ſick people. *Deſcrip.* *Deſcrip.*

Pruins, 39.

THe Pruin Tree is called *Prunus* in Latine, and the Pruin, *Prunum*; There are many kinds

of them, but the chief are damask Pruins, and Sloes, that are wild Pruins found in Feilds and Woods. Other Plums are planted in Orchards, Pruins eaten cool and open the Belly, and cauſe eaſie Stools: Pruins ſod till they be very ſalt, the ſtones plucked out, and made up with Sugar and Butter, is good to eat for a foul body, opens well, and quencheth thirſt: The Leaves of Pruin Tree ſod in water is a good Gargariſme for a very ſore ſwoln Throat, for this wil cure it. The wild Sloes dryed, ſtop the looſneſs of the Belly, and make one Coſtive. Plum-Tree Gum melted in Wine and drunk, breaks the Stone, and drives forth the Gravel.

The Myrtle Tree 40.

Their deſcription and kinds

THe Myrtle Tree in Latine *Mirtus*, is a ſmall Tree, having many Branches, and dark green Leaves, and fair white Bloſſomes, and grows in Gardens where it is planted.

Their uſe.

Myrtle berries are good to eat againſt the vomiting of blood, and bloody Urine, and looſneſs of the Belly, and for Womens naturall ſickneſs. The Syrup of Myrtles in Apothecaries Shops, is good for the ſame purpoſe.

The

The wild Chery Tree, 41.

THe Cornel Tree in Latine *Corvus*, hath very hard Wood, the Fruit is fair, red, and long, they are planted in Gardens. The Cornel Berries are cold and dry, and binding by nature. The Cornel Berries eaten, ſtop the looſe Belly, and the Reds, and ſtrengthen the weak Stomach. and is a fair pleaſant Fruit to behold, and the Wood is hard and tuff to make Combs and Mills. *Deſcrip.*

The Poplar Tree, 42.

THe Poplar Tree is called in Latine *Populus*, hath long Leaves, broad behind, and ſharp before, a little nicked about, the Branches are white and tuff, the Buds before the Leaves come forth, are very ſweet of ſmell, of which Poplar Ointment is mid: That the Apothecaries ſell, which is good for many things; Poplar Oyle annoynted upon the Temples of the Head, and the Pulſes of the Wriſts, makes a man ſleep well, and is good for to annoynt upon any Bruiſe, when men have faln down, or received ſore ſtrokes, and for all hot Cauſes. *Deſcrip.* *Uſe.*

Butchersbroom, 43.

Th. Deſ. THe Apothecaries call this in Latine *Ruſcus*, It is a woody Plant, having round Twiggs and prickly leaves, and the Berries are red; It *Their uſe.* grows planted in Orchards. The Butchers broom is warm in the ſecond degree, and dry in the firſt. The Root of Butchers broom ſod in Wine and drunk provoketh Urine, breaks the Stone, and drives out the Gravel, and is good againſt the Strangury and the yellow Jaundice.

Holly Tree, 44.

Their deſcription and kinds HOlly is called in Latine *Ruſcus ſilveſtris*, The Wood is very hard and heavy, and laid in water, ſinks to the bottom. The Leaves are thick and hard, and very ſharp with prickles, and they are green both Summer and Winter. Holly ſerves to make Hedges, and of the Branches they make Whipſticks for Wagoners.

The Nature and Working.

Their uſe. The Holly Berries are naturally warm, and purge the body, if you take them inwardly, and cure the Cholick. Of Holly Rind they make Birdlime to catch Birds with.

The

The Beech Tree, 55.

BEech in Latine *Fagus*, and the Maſt is called *Nuces Fagi*, they are three cornerd, there are Woods of them. The Fruit is temperate by nature, the Leaves are cooling, and are good to lay upon hot Puſhes and Sores: The Fruit is eaten both ſod and raw. *Deſcrip.* *Vſe.*

The Birch Tree, 46.

BIrch, in Latine *Betula*, is a Tree well known, the Bark is white, the Branches grow downwards, and are very tuff, and fit to make Beeſome ſtocks, and Rods for naughty Boys that will not be ruled. There are Woods of them. *Deſcrip.* *Vſe.*

The Alder Tree, 47.

ALder in Latine *Alnus*, is well known, and grows in every place almoſt: The Hatters and Dyers uſe them to dye black withall. The Wood will laſt long underwater, and is good to make Pumps with, and Polee to build Houſes, or in wet Ground, as they do at *Amſterdam*. *Deſcrip.* *Vſe.*

Barberries

Barberries, 48.

Deſcrip. BArberries in Latine *Berberis*, is a ſmall Tree with nicked Leaves, and they are ſoure of taſt, and ſo are the round Berries, firſt red, afterwards black.

The Nature.

The Leaves and Berries of Barberries are cool and dry in the ſecond degree.

Vſe. *The Working.*

The Berries are uſed to ſtop the Looſneſs of the Belly, and Womens Terms: The Leaves are good with Meat to cool the Blood, and may be uſed for Sorrel. The Root ſoaked in Lye ſerves to make the Hair yellow, as you waſh it often therewith.

The White Thorn, 49.

Deſcrip. IN Latine *Oxyacantha*, is good to make Fences, to fence in Orchards, and other places. The *Their uſe.* Bloſſoms are white, and ſmell very ſweet, and in *May* they are ſet in water to deck up Chambers, and to give them a ſweet ſmell. The Berries are red and ſtop the looſneſs of the Belly, if you eat them.

The

The Tamarisk Tree, 50.

TAmarisk in Latine *Tamariſcus*, hath Aſh-coloured Leaves, almoſt faſhioned like unto ——— The Bloſſoms are brown and downy. *Deſcrip.*

The Nature.

Tamarisk Leaves warm, the Fruit and Rinds dry. The Leaves and young Shoots of Tamarisk Tree ſod in Wine, with a little of a Sea Onyon, and this drunk, powerfully cures a hard and ſtopt Milt, and is good alſo for the Toothache, if you gargle it warm in your Mouth, and for running Eyes. The Leaves of Tamarisk Tree ſod in water, and bathing therwith, ſtops Womens Terms that are too great, and if you waſh your head with it, it will kill both Lice and Nits. *Vſe.*

Heath, 51.

HEath in Latine *Erica*, it is well known to make Beeſoms with, and grows upon dry Heaths. *Deſcrip.*

The Nature and Working. *Vſe.*

The Heath hath a drying quality, and ſerves well

well ſod in water to waſh ſore red running Eyes with, to ſtrengthen and to clear the ſight.

Privet, 52.

Deſcrip. PRivet in Latine *Liguſtrum*, is very fit to make Fences with, it hath long dark green Leaves, the Bloſſoms are white, and the Berries green, and afterwards black.

The Nature and Working.

Vſe. The Leaves of Privet are cool and dry, and binding, and ſerve well ſod in water to cure any fiery Throat and Mouth: if you gargle it in your Mouth. The Berries may be uſed for the ſame purpoſe.

To

To all thoſe that ſell DRUGS, SPICES, & HERBS.

TO all Druggiſts, Herbaliſts, and Merchants of Spices, good Luck in the Lord. Good Friends, ſince that you daily ſell coſtly ſweet-ſmelling Spices, whereby your Boxes, Shops, and almoſt all your Houſes ſmell ſo pleaſantly, you muſt conſider, that good Chriſtians that live as God commands them, are as coſtly Spices in Gods ſight, and ſmell moſt ſweetly unto him; but wicked and ungodly men, that bring forth no good Fruit, are but ſtinking Goats that regard not Heaven, and whoſe end is miſerable. Theſe will God the Lord caſt off as Rammiſh Goats into the everlaſting ſtink of Hell fire. But that we may be preſerved from it, ſo let us ſtrive to repent of our ſinfull lives, and to ſerve the Lord God truly, and do right to every man; ſo ſhall God bleſs and proſper us here, and at laſt the Angels ſhall carry our Souls into the ſweet Spicery and Paradice of Eternall Life.

Farewell in the Lord.

OF THE

Nature, Force, and *Operation* OF SPICES.

Nutmegs. 1.

Deſcrip. NUtmegs, called *Nux myriſtica*, or *muſcata*: Theſe are ſold in moſt Shops where Spices are ſold. They are very

Vſe. good for people that are paralytique, and they purge the blood being moderatly uſed, and are very wholſome againſt the Stone and Gravel, and for a cold and foul ſtomach.

The Nutmeg is of qualities hot and dry in the ſecond degree, and will laſt ſeven years in his force. The beſt Nutmegs are plain, heavy, and ſomewhat reddiſh, that have Oyle in them if you prick them with a Needle, or Pin, but the light ones are often times over dryed and rancid, without moiſture, we call them rumples

romples, and are nothing ſo good. Nutmeg taken inwardly makes a ſweet breath, drives wind out of the body, ſtrengthens the Brain, makes a good colour, cleanſeth the blood, and is good to eat for a foul ſtomack, and faint heartedneſs, and makes one piſs well. Nutmegs layd in Oyle of Olives, being cut in great pieces, and taking thereof a little ſpoonfull ſometimes with about a quarter of a Nutmeg at once, is a very good remedy for thoſe that make their water with great pain, by reaſon of Gravel. Nutmegs are good to uſe againſt a cold Liver, and the Milt that is ſwoln, for it will make it ſmall, and is good alſo for looſneſs of the Belly, in an Egg baked with ſome Meal. If a man ſwoond, breath ſome Nutmeg into his Mouth, ſo will he recover. Alſo Nutmegs are wondrous good to eat againſt lameneſs of the body.

Mace. 2.

MAce in Latine *Folium*, or *Macis*, it is brought hither from the Indies. Mace ſtrengthens the faint heart; Mace is the Bloſſome of Nutmeg, and it is of the ſame force and operation that Nutmeg is, that is hot and dry in the ſecond degree. Mace uſed ſtrengthens the Stomach and Liver. and provoketh Urine, and breaks Wind, ſtops alſo the Reds and Womens Courſes. Oyle of Mace to be ſold at the

Their deſcription.

Their uſe.

the Apothecaries, is good to annoint the Stomach and Breaſt with twice a day, with your warm hand when you find any pain there.

Cinnamon, 3.

Their deſcription. Cinnamon in Latine *Cinnamomus*; this is an excellent Bark to ſtrengthen the heart and ſtomack: it is well known, and ſold in moſt places.

Cinnamon is hot in the third degree, and dry in the ſecond. The beſt is of a red colour, and ſmells well, and bites ſharp upon the Tongue, with ſome ſweetneſs, and will laſt ten yeares good in its force. Cinnamon is good to uſe to *Their uſe.* ſtrengthen the heart, makes good blood; alſo it cures Diſtillations from the head, and is exceeding good for the Dropſie. Cinnamon eaten makes a cleer ſight, and is good alſo for a cold ſtomach, and faintneſs of the heart, and for difficulty of breathing, and drunk in powder with warm Wine, it unſtops the Courſes that are kept back. Cinnamon in powder eaten with a roaſted Apple and Sugar, is good to eat for panting of the heart and faintneſs. Cinnamon alſo is good for a watry Brain, for it dries up Rheum, and warms and ſtrengthens the ſtomach, and drives off clammy humours.

Ginger

Ginger, 4.

GInger, in Latine *Zinziber*, this grows in the hot Indies from whence the Spices come, and above all other Spices this is moſt uſed in Meats, for it breaks wind, digeſteth the Meat, and cleanſeth a ſoule ſtomach, quickens the ſight, and makes a man luſty. *The deſcription.*

Ginger is hot in the third degree, and moiſt in the firſt, the beſt is, that is white within and ſharp upon the Tongue like to Pepper. It will laſt two years good in its perfection. Ginger with Meats is good for a cold ſtomach, and for ſuch as faint and fall down, it quickens the ſight, and makes a man ſweat, drives out Venome, and wind. A Clove of Ginger burnt or ſinged in the flame of a Candle, upon the point of a Knife, and then the black ſcraped off round about, and after that cutting the inward part ſmall, a man may drink that with a draught of Wine or Beer, and this is exceeding good to digeſt ones Meat, it drives off Wind, and cauſeth Appetite, and is good for a foul ſtomach and ill Liver, it digeſts flegm aud ſuperfluous moiſture, and ſtrengthens Nature. *Uſe.*

Cloves, 5.

Their deſcription. CLoves in Latine *Caryophillæ*, they are known ſufficiently, though they grow not in this Land, but come from forreign Iſlands: They recreate the heart, and are good for the ſtomach and Liver, they ſharpen the ſight, and ſtrengthen old Folk that are feeble.

Their uſe. Cloves are dry and warm of nature, the beſt are thoſe are reddiſh, and broad at the heads, and have a little moiſture in them, and they hold their force ten years. Cloves eaten with Meat ſtrengthen the Brain, Stomach, Liver, lighten the heart, make the ſight cleer, and hinder belching and vomiting, Cloves alſo ſtrengthen Nature, give men Courage, make a ſweet Breath, rejoyce the Mind.

Sugar, 6.

Deſcrip. SUgar, in Latine *Saccarum*, is of divers ſorts, the white and loaf Sugar is held for the beſt, and the red blackiſh Sugar for the worſt.

Uſe. Sugar is warm and moiſt in the firſt degree, the beſt is the hard fair white loaf Sugar. Sugar nouriſheth, and openeth well; Sugar with Spices, bak'd and eat, ſtrengthens a man. Pearld Sugar that the Apothecaries ſell, refreſheth and lightneth the heart, and is good at the laſt need

to

to give to ſick people. Sugar is good for pain in the Bladder, and for foul Kidneys: Sugar is good to drink with Beer or Spring-water, to cool one, and to refreſh one, and to quench the thirſt. Sugar-candy is good for a hoarſe Throat, quencheth Thirſt, and hinders the Cough.

Saffran. 7.

Their deſcription.

SAffran, in Latine *Crocus* grows in *Germany* neer *Vienna*, and in *England*, and elſewhere. It dyeth very yellow, and is frequently uſed in Meats. Saffran ſtrengthens the heart, cures the yellow Jaundice, and is good for all the inward parts.

Deſcrip.

Saffron is hot in the ſecond degree, dry in the firſt degree, and if it be wel kept, it will laſt in its ſtrength 7 years. The beſt is that is freſh, and hath a fair colour, and good ſmel. Men muſt beware they take not too much Saffran, for it is naught. Saffran uſed in Meats ſtrengthens the heart, & makes good blood; tis good alſo for a ſhort Wind, and for the Plurifie. Saffran dryed and then powdred, and drank with Wine, ſtrengthens the ſtomach. Saffran put into Womans Milk, is good to waſh red running Eyes with, to cure them. Saffran put with ſome Pultis, ripeneth any Swelling, as it is laid ſometime to it. Saffran drives Venome from the heart, and is good for the yellow Jaundice, and provokes the Terms, and makes one ſwear,

and make water well, and helps all inward parts.

Pepper, 8.

The deſcription. PEper in Latine *Piper*, it is well known that it is very hot of nature.

The uſe. Pepper is hot and dry in the fourth degree, and will laſt good eleven years. Pepper drank with Wine cures the Quartern Ague. They that eat much Pepper are unchaſt: it will make a man lean alſo; and Women that eat too much Pepper are barren. Alſo Pepper eaten makes good ſtomach, digeſts the Meat, and drives away wind. Pepper with warm Butter'd-breer drunk at Night is good for cold Kidneys, and for cold ſhaking Agues, and is profitable for old cold people that kauke and cough. A man may ſwallow 5 or 6 Grains before Meat, that will warm the ſtomach and the inward parts, and procure an Appetite, drives off wind and ill humours. Pepper chewed with Rayſins draws abundance of flegm from the head. Pepper and Brimſtone powdred and mingled together, with the Greaſe of ſmoaked Bacon, is a good Salve to annoynt the Skin with, you muſt ſmeer the parts where the Scurf is.

Aloes

Aloes, 9.

ALoes is bitter above meaſure, and is the juice of a kind of Howſleek. *Deſcrip.*

Aloes is naturally warm and dry, and you may buy it at the Apothecaries, the beſt is of a Liver-colour, which is a brown-red almoſt. Aloes is a ſafe Medicament for tender perſons, and purgeth without trouble, but it works ſlowly, and is extream bitter, therefore men make it in Pills, and ſwallow them in the Pap of a roaſted Apple. Take Aloes a quarter of an Ounce, make Pills of it, ſwallow them down, and they will purge you early, and it is good againſt a foul naughty ſtomach, cures alſo the yellow Jaundice, and the headache, and helps red running Eyes. *Uſe.*

Rheubarb. 10.

REubarb called in Latine *Rhabarbarum*, it is a Medicament ſought for, and well approved. Rheubarb is warm in the firſt degree, and dry in the ſecond, and is naturally binding. It is to be ſold at the Apothecaries, but it is very dear, and is excellent for the rich people that can pay for it. Rheubarb in Powder, drunk with the Yolk of an Egg in Wine, is good for a foul ſtomach, and for pains in the Belly, *Deſcrip.* *Uſe*

for the Sciatica, and pains in the Hips. It is alſo good againſt ſpitting of blood, for the Reds, for Agues, the yellow Jaundice, and a ſtopt Liver.

Gallanga, 11.

Th. Deſ. GAlanga, is a tuff red Root, ſold at the Apothecaries, and is highly commended for an ill ſtomach.

Their uſe. Galanga is naturally warm in the third degree. Galanga layd in Wine, and the Wine only drunk, is good for a foul ſtomach, drives off wind, ſtrengthens the whole body, and makes good blood. And Galanga ſmelt unto ſtrengthneth the Brain and the Senſes. Galanga chewed in the Mouth, makes a man frolick and merry.

Zedoary, 12.

Their deſcription and kinds ZEdoary, in Latine *Zedoaria*, is well known in Apothecaries Shops, and is a Root almoſt in taſt and colour like to Ginger, and is brought from the *Indies*.

Their uſe. Zedoary is warm and dry in the ſecond degree. Zedoary is much uſed in the Peſtilentiall times, when God afflicts a Land with the Plague. A piece chewed in

in the Mouth, and eaſtrward ſwallowed down is alſo good for a foul ſtomach, breaks wind, cures the Cholick, cauſeth Appetite to eat, and make a ſweet breath.

Cubebs, 13.

CUbebs are like round Pepper almoſt, called *Cubebæ*, and come from the *Eaſt-Indies*. *Deſcrip.*

Force and Working. *Uſe.*

Cubebs chewed make one ſpit well, and draw much moiſture from the head, is good for Catarrhs of the head that proceed from cold. Cubebs ſwallowed are good for the yellow Jaundice, and ſwiming of the head, makes a man Urine well, and provokes the Terms of Women.

An Admoniſhment concerning SEEDS.

CHriſtian Brethren, That you may all proſper, is my hearty Prayers for you. I thought fit to tell you concerning the Seed we ſow in the Ground, It muſt be caſt in a fit ſeaſon, for that is ſowed out of ſeaſon will not grow well; and ſuch Seed as a man ſows, ſuch Fruit he ſhall reap. He then that ſoweth good Seed

ſhall reap good Fruit. But Cockle and Darnel will produce their like, which we muſt by ſimilitude underſtand of mens lives. For a man ought to lead a vertuous life in this world in the time of Grace, and the Fruit we wait for is from thence everlaſting Life. But he that liveth wickedly, and is but like wild Tares, what can he look for elſe but endleſs deſtruction? Therefore men ſhall alwaies weed up theſe Tares, of wickedneſs that daily ſpring up in our hearts, that they may not choak the good Fruits of Godlineſs, whereby we hope to obtain Gods bleſſings here, and everlaſting Life hereafter.

Of Phyſicall Seeds, their force and working.

Muſtard Seed, 14.

The deſcription and kinds.

MUſtard Seed is hot and dry in the fourth degree, and it will laſt good five years.

The uſe.

Muſtard Seed ground with Vinegar or Verjuice is good Sauce for Meat, to digeſt Meats of hard digeſtion, and is good for a foul ſtomach, and for the Dropſie. Muſtard new made is good to annoint upon Sores that are hard to cure, for it will dry and cure them. Muſtard Seed beaten, and bound in a Rag, is good to hold in the Mouth with warm water and Vinegar, to cure the Toothache, makes one drivell well, and cleanſeth

cleanſeth the Brain: The Powder ſnuft into the Noſe, will make one ſnieze. Muſtard eaten makes one Urine well, and cures the pain of the Belly.

Anniſeed, 5.

ANniſeed is of a good taſt, and a very wholſome Seed, being much uſed in Phyſick to break wind, it is found commonly in Shops to be ſold. Anniſeed is hot and dry in the third degree. Anniſeed eaten makes a man have an Appetite, breaks wind well, is good againſt pain in the Belly, makes a man piſs well, and ſweat, is good to uſe againſt the Dropſie, and for ſuch as have the Falling-ſickneſs. Anniſeed pounded with ſome Sugar, is good to be eaten for an ill ſtomach, aod ſhort breath. Anniſeed is well uſed in Phyſick, powdred and boyled in Drinks it taſts lively, and doth a man much good.

Cumminſeed, 16.

CVminum, Cummin, this is a long faſhioned ſeed, the Country people of *Holland* uſe it much in their Cheeſe, and they bake it alſo with their Bread, there is plenty of it to be bought.

Cummin

Cummin is hot and dry in the ſecond degree, and will hold its forces five years. Cummin-ſeed drives the wind from the ſtomach, & makes a man piſs well, yet it is not good to uſe very much of it. Cummin and Bay-berries ſtampt togeather, and layd upon the head in a little Bag, is good for cold Defluxions. Cummin powdred and mingled with Vinegar, and held to the Noſe to ſmell to, is good for bleeding, for it ſtops the bleeding there.

Coriander Seed, 17.

Coriandrum, Coriander is a well ſented round Seed, and is ſowed in many Lands, being much uſed in Wine and Beer, it is alſo baked with Sugar, and in the ſlaughter time is very much in uſe in the Low-Countries.

Coriander is hot and dry in the ſecond degree, and remains good in its forces two years. Men may not uſe Coriander Seed untill it be thus prepared. You muſt firſt lay it wet in Vinegar, and then dry it again, and then uſed, it is good for ſwimming of the head, and for the Falling-ſickneſs. Coriander prepared and baked with Sugar, ſtrengthens the ſtomach, and makes the Mouth ſmell ſweet.

Fennell

Fennell Seed, 18.

Feniculum in Latine, it is a well known grey Seed, that groweth abundantly in Gardens, and encreaſeth wonderfully, is much uſed in Phyſick, and is ſingular for the Gravell.

Fennell is hot and dry in the ſecond degree, and the Seed remains three years in its ſtrength. Fennell Seed eaten ſtrengthneth the Brain and the ſight, cleanſeth the blood, and opens Womens Courſes, makes Nurſes to abound with Milk, it ſtrengthneth the ſtomach, and hinders the wind, it openeth the Liver Milt and Bladder, and makes one to void water well, helps to break the Stone, and is good for pain in the Lines, it drives off the cold piſs of *Lues veneria*, and people find profit by it. Diſtilled Fennell water is very good to waſh ſore Eyes with, and heals them.

Wild Carret Seed, 19.

WIld Carret Seed grows upon high ſtalks, and almoſt like unto Garden Carrats. The Flowers are white and grow in little Coronets; the Seed is rank as it is ripe, and grows plentifully upon dry Ditches.

Wild Carrat Seed grows abundantly in wild places,

places, the Seed is warm and dry in the third degree, wild Carrat Seed eaten dry, or ſod in Butter-milk, is good to uſe againſt wind in the body: it is alſo effectuall againſt the Gravell and the Stone; it makes Urine plentifully, and opens Womens Terms, and is alſo good for pain in the Back and in the Reins.

Linſeed.

Linſeed is a flat grey ſhining Seed; it is ſowed in the Fields, and is needfull almoſt for all men, both from the Oyle that is preſſed from it, and the Flax that grows of it, wherewith men make Linnen Cloath with great skill and much pains, and thereby many a man wins his bread.

Linſeed is warm in the firſt degree, and is almoſt temperate by nature; Linſeed Meal boyled in Beer, and a Pap made of it with a good piece of Butter, ſoftneth pain and ripeneth a Swelling, and breaks it, and draws Thorns and Splinters out of the fleſh: Linſeed ſod with Fleſh-broath, or with ſweet Milk, and uſed in a Clyſter, eaſeth all pain and grief in the Bowells and Matrix. Linſeed Meal with powdred Pepper mingled together with Honey, is a good Electuary uſed for an ill Cough, and is alſo good to eat to make a man luſty.

Lovage

Lovage Seed.

LOvage Seed groweth upon a high ſtalk in little Crowns, wherein this Seed lyeth, and is much uſed againſt wind.

Lovage Seed is warm and dry by nature, this Seed powdred and eaten, or drunk with a Cup of Wine, drives off pains and wind, and is good to eat againſt an ill ſtomach, and beſides it makes the Meat taſt well.

Gith, or Nigella Seed.

NIgella ſeed is a black Seed that is often given inwardly to Hectique people to break wind.

This Seed is warm and dry in the third degree, and being ſtampt to powder, and drunk with Wine, drives wind out of the body, and Worms, and venomous Fumes that ariſe; If a man uſe to ſmell to it, it will dry the Brain, and makes the ſmell that was loſt come again, and is good for the Toothach.

Wormſeed.

Wormſeed.

THe true Wormſeed which grows in forreign Lands, is to be bought in many Shops.

This Seed is naturally warm and dry.

Wormſeed powdred and taken inwardly, by a man in years, about two drams mingled with Sugar, is good for Worms in the Guts, and kills them, and if you mingle ſome Aloes with it, then it will drive them forth when they are dead.

Fennegrick Seed.

FEnnegrick hath browniſh hollow ſtalks, and hath Leaves like to three leaved Graſs. The Flowers are pale, the Seed is yellow, and grows in crooked Husks; it is ſowed in Gardens, and is ſold by the Apothecaries.

Fennegrick is warm and dry, and ſofteneth and looſeneth very much.

Fennegrick ſod in Beer, after that it is powdred, and a good piece of Butter put to it, makes a good Cataplaſme to apply to hard Swellings, for it ripeneth them, and makes them to break through.

A good

A good Inſtruction to the Common People.

GOod People, I wiſh you good ſpeed, and everlaſting happineſs; My Admoniſhment unto you is this: You know well that the Husband-man takes great pains to till and manure his Ground, and as it is well manured, then doth he caſt his Seed out of his hand into the Ground and ſow it, in hopes to receive a good encreaſe and profit by it, and if it come to paſs that the Corn of Wheat dy not in the Earth, then it remains there and yeilds no Fruit, but if it dye, then it grows and is fruitfull; So it is our duty to do what we can to live verteouſly, and to ſhew the works of mercy to our power towards our Neighbours, having a good hope that we ſhall one day reap Fruit of our Labours in Heaven: but this can never be done unleſs our wicked ſins be firſt mortified and dye in us, and all the Luſts of our fleſh that fight againſt the good Spirit of God, are put to death; and if we do this, then ſhall we as good Seed grow up in all Vertue, and when we are ripe, we ſhall be carried by the Angels, the Reapers, into the Garnary of endleſs Felicity.

Of

Of the *Force* and *Nature* of GRAIN, or CORN of ſeverall Sorts.

Wheat.

WHeat is a very fine Grain, as all men know; It is ſowed upon rich Ground, and the beſt Bread is made with it. Wheat is almoſt temperate by nature, moſt inclining to warmth, and it will make a man ſtrong and luſty: the ſoundeſt Bread is made of Wheat, that which is new and not fuſty, about one day old; the finer it is bolted, the better nouriſhment it makes, and binds more, but the more and groſſer the Bran is, the leſſe Nouriſhment it affords and opens more: Wheat Meal ſod with new Milk and eaten, is good againſt vomiting of blood. A Pulteſs of Wheat Meal and Butter will ripen an *Impoſtume*, and layd to a hard Swelling, brings it to corruption. Wheat Bran ſod in water is good to waſh the mangy and ſcurffie parts of the body, and drives away the Scurff.

Rye.

Rye.

THis is alſo a gallaut Seed, well known in moſt places, that grows upon Lands in Corn fields, good Bread is made with it, and with this alone and water, a man might make a hard ſhift to live, to ſatisfie hunger.

Rye is warm by nature; but know that Rye Bread is windy, and is heavy and ill to digeſt, and is only proper for labouring people, and ſuch as ſeldome ſtand ſtill, and for ſuch as have ſtrong ſtomachs. Dry Meal of this Corn layd upon the head in a little Bag, is good for pain in the head: and a Pultis made of Rye Bread, or of Rye Meal, and layd upon any hard Swelling, ripeneth it, and makes it break, and draws alſo Thorns and Splinters out of the parts where they lye: A ſlice of Rye Bread well toſted, and then wet in Vinegar and layd with Cloves ſtuck into it, to the mouth of the ſtomach, provokes the Appetite, and is good againſt wambling of the ſtomach, and par-breaking. Some uſe to bind under the Soles of ones Feet; The Crums of Rye-bread mingled with Salt and Wine-vinegar to draw out of the head pains and madneſs.

Oates.

THis is excellent Food for Horſes, it is well known, and is grownd both for Medicaments and for men to eat.

Oates are by nature cold and dry, Oates ſod in water untill they ſplit, and that water being mingled with Roſewater, drives the Freckles from the Face, if you waſh your Face with it. Oatemeal ſod in Buttermilk, is good for great heat in the body: Oatemeal mingled with Oyle ripens hard Swellings, and layd on hot breaks them. Oates and Salt made hot together, and put into a Bag, is good to take away the pain of the ſide if it be layd on.

Barley.

OF this Grain chiefly is Malt made to brew good Beer, and is as needfull for man to drink as Wine is. There are two ſorts of Barley, Winter Barley, and Summer Barley.

Barley is cold and dry in the firſt degree, and is of great uſe for Phyſick in hot ſicknesſes to coole and drive away the heat: Barley ſod in water untill it ſplit, and then the water ſtreined and drunk with Sugar, is good drink for a hot Feaver, and quencheth the thirſt well. Barley-broath doth the like. Barley uſed maketh good

good blood, and is good for the head. Fine Barley-Meal ſod and made into Pap and eaten, is goop for Frenzy in the head, and dry Barley Meal layd in a little Bag upon the head is good for the ſame.

Buck Wheat.

BUck Wheat is a Grain with three Corners, that is well eſteemed of in *Brabant* and in the Province of *Vtrecht*; where generally the Rich feed there Servants and Poultry, and the poor people live moſt of it. Buck Wheat is almoſt temperate by nature; Buck Wheat Meal made in Cakes or Pottage made of it is a good Food for common people, and is of eaſie digeſtion and nouriſheth indifferently well, openeth and makes men make water handſomely.

Millet Seed.

MIllet Seed is a ſmall round Seed, and is better known by the poor people then by the Rich.

Millet is cold in the firſt degree, and dry in the third: Millet Seed ſod in Milk and eaten, is good to ſtop a Scowring, and provokes Urine. Millet Seed pounded and made hot in a new Pan, is good to lay in a ſmall Bag upon the

pain of the ſide, and of the belly, that proceeds from wind, and is good alſo to lay upon a ſore head that is in pain, and helps well to dry up defluxions of Rheume.

Rice.

RIce is brought heere to ſell out of other Countries, and the rich people are better acquainted with this Food then the poor.

Ryce is warm in the firſt degree, and dry in the ſecond. Rice boyled with Milk and eaten is very delicate Food, nouriſheth well, and ſtops the ſcowring of the belly, makes a man luſty, and cauſeth him to look with a cleare and pleaſant Colour.

Beans.

BEans grow in the Fields in Pods, and are of many ſorts, ſmall and great.

Green Beans are cold and moiſt; but when they grow old then they are cold and dry.

Beans ſod in water, and their Husks taken off, and then fryed in Butter, make freſh blood and ſtrengthen the back, and make a man luſty. Beans eaten ſtop the looſneſs of the belly, and hinder the dropping of Catarrhs, The ſtrong

ſmelling

ſmelling Bean-flowers, water diſtilled from them, is good to waſh and take away Freckles and Spots.

Peaſon.

IT is a Grain well known, and there are divers ſorts, green, gray, and white Peaſon.

Peas are of a middle temperate nature, and being ſod and eaten, do nouriſh well, and make a man ſtrong and luſty. The water of green Peaſon after they are ſod, drunk with ſome Sena powder, is a good purge, provokes Urine well, cures the yellow Jaundice; and green Peaſon Broath is not unwholſome for men to uſe that are ſick of hectique Feavers.

Turkiſh Rie and Wheat.

THis Corn is of different colours, for ſome is red, and others are yellow, brown, white.

Bread made of Turkiſh Corn when it is baked, taſts pretty well, but it is very dry Food, and will not nouriſh ſo well as Wheat and Rye of our Country doth.

French, or Kidney Beans.

THeſe grow in Gardens by Poles, and are lovely Beans of many colours, and are before they be ripe, with their ſhells cut in pieces and then ſod and eaten with Butter.

Kidney Beans are warm and moiſt, and being ſod in Pottage with fleſh and eaten, nouriſheth very well, make a man go eaſie to ſtool, and to void his water.

Lupines.

LUpines grow in ſhells and taſt exceeding bitter, they are ſowed in Gardens where they grow.

Lupins are warm and dry in the ſecond degree. Lupines ſod in water and drunk, drive forth by ſtool all Worms, and the Face waſht with the water, makes a clear Complexion, and takes away all Spots and Pimples. Alſo Lupines when they are boyled may be eaten for Food.

An Admonition concerning ROOTS.

GOod Courteous Gardners, I wish you good speed and prosperity. You understand well, that the chiefest cause that the Trees and Plants grow, is when the Root of them is well manured and dressed. So must the Root of our faith be well lookt unto, with sorrow for our sins, repenting and amending our lives, and we must be carefull to weed and keep clean our Garden, plucking up all our sins as unprofitable Weeds by the very Roots. For he that onely breaks off the stalk that is above, and lets the Root remain, that man doth himself more hurt then good: wherefore we must lament for our sins from the very ground of our hearts, casting them forth by confessing and repenting of them, or else we shall deceive our selves at last.

Of Roots for Phyſicall uſe, and of their Forces and Operations.

TUrneps are very good nouriſhing food, there is a ſort of them that grows about *Haerlam*, that being roaſted and eaten will break the wind, and ſoon turn to nouriſhment, and ſick people may ſafely eat of them.

Turneps are warm and moiſt, and when they are well boyled, and eaten for Food, it is good Dyet, and nouriſheth well; Turneps boyld in Milk and layd upon the Gout, eaſeth the pain. The Broath in which Turneps are ſod, is good to waſh the hands with, that break with white blaens in winter, or Turneps ſod and applyed to them. The young Sprouts of Turneps when they firſt ſpring forth, being made ready and dreſſed and eaten, will drive forth water well, and are profitable for thoſe that are troubled with the Stone and Gravel.

Radiſhes.

RAdiſhes are much eaten to break wind and drive forth water.

Radiſhes are hot in the third degree, and dry in the ſecond. If Radiſhes be cut in ſmall pieces

pieces and layd in courſes with Sugar, there will drop from them a very gallant Syrup, that is good to lick up for an ill Cough, and pain of the Breaſt: Radiſh Seed beaten to powder and drunk with warm water and Oyle, will make one Vomit ſtrongly, and drives off Urine. Radiſhes ſtampt with Salt and Sope, and Paper bound under the feet, draws down from the head pains and heat. Radiſhes eaten break the Stone, and are good to make one parbreak and vomit, ſo do the outſide of the Radiſhes ſtampt with Honey and Vinegar, and taken inwardly, after that put your Finger in your Throat, and you ſhall vomit eaſily.

Carrats.

YEllow and red Carrats are well known both by Poor and Rich. Yellow Carrats eaten with Meat do nouriſh well, and warm the inward parts, cauſe one to make water well, and are a great help to feed poor people.

Parſnips.

THeſe are wel known too, being a fair white fat Root, that is daily ſod for meat.

Parſnips are warm and dry, and being ſod with fleſh and eaten, make good nouriſhment, and

and are good for the Liver, Lungs, Reins, and Breaſt. They alſo drive forth water, eaſe the pains of the ſide, drives pain and wind out of the belly, and are helpfull to thoſe that are bruiſed inwardly, or broken. Parſnip Seed drunk in Wine is a great Antidote againſt all Venome and Poyſon.

Wild, or Horſe Radiſh.

HOrſe Radiſhes are planted in Gardens, and they encreaſe wonderfully, if you cut the root in great pieces and ſet them in the Ground.

Horſe Radiſh ſcraped and mingled with water, Vinegar, and Crums of white Bread, is good Sawce to eat with Fiſh, or hard Meat that will not eaſily digeſt, for it concocks the Meat well, and brings a man a good ſtomach, cauſeth one to make water well, drives pains and Gravell out of the Kidneys, and is good for the Dropſie.

Parſley Roots.

THis is maintained in Pot-herb Gardens, and is uſed daily both the Herb, the Roots, and the Seed.

Parſley is hot in the ſecond degree, and dry in

in the third, Parſley-roots ſod with meat, and eaten, are good for the ſtomach, concocts the meat well, and cauſe one to make water, they open the Liver that is ſtopt, the Reins and all the Entralls, they drive out the Stone and Gravell, and reſiſt all poyſon. The Seed in powder ſerves for the ſame uſe, if you take it with Liccoriſh, it alſo drives forth wind.

Elecampane.

ELecampane hath great broad ſoft Leaves, and a long hairy ſtalk, and faire yellow Flowers: the Root is thick and great, and white within ſide, ſmells and taſts ſtrongly, and is planted in Gardens.

Elecampane Root is hot in the third degree, and dry in the ſecond. This Root dryed, powdred and mingled with Honey, is good to take inwardly for a Cold and for Flegm in the ſtomach, breaks wind, helps a naughty ſtomach, and makes one have a long breath. For the foreſaid Diſeaſes you may uſe Candied Elecampane Roots, or preſerved, which is far better, and is good for the Sciatica, and for ſuch as are bruiſed inwardly, and is an Antidote againſt the Plague.

Angelica.

ANgelica by the Dutch is called alſo the Root of the Holy Ghoſt, for it is exceeding good againſt the Plague. Angelica hath notched Leaves, and hath a long high ſtalk that round Flowers grow upon, and grows beſt in watry Grounds.

Angelica is hot and dry in the third degree, diſtilled water of Angelica is good for the Plague, if it be drunk with Treacle, and you muſt ſweat after it. It is good alſo in ſickly times, and for an ill ſtomach, againſt fainting, againſt the Plurifie, and the Toothache. It opens the ſtopings of the Spleen, Liver, Lungs, and Stomach: It haſtneth Womens Courſes, and their delivery in Travell, drives away wind and blood that is clotted in the body.

Saxifrage.

SAxifrage hath a ſharp biting Root, like unto Ginger, hath ſmall nicked Leaves, and grows plentifully in Sandy Grounds.

Saxifrage Root is warm and dry in the third degree. This Root preſerved, or ſodden with Wine and drunk, makes a man make water freely, breaks the Stone, and is good againſt the Strangury. The Roots dryed, and powdred, and

and taken in with Sugar, warm and ſtrengthen the ſtomach, drive out wind, and are good for the Wind-cholick, and are needfull for them that have Limbs that are drawn awry, or ſhortned by Convulſions, or are troubled with Palſies, or Apoplexies; they are alſo good for the Toothach, Plague, and infectious Ayre.

Tormentill.

THis is a ſmall Plant with ſmall Leaves, grows on high Ground, hath thin red ſtalks, creeping upon the earth, the Flowers are yellow, the Root is browniſh-red, and thick.

Tormentill is dry in the third degree: The Roots of Tormentill ſod, and the water drunk, with one dram of the powder of the Root, will make a man ſweat, drives Venome from the heart, is good againſt the Plague, ſtops looſneſs of the Belly, and the Reds in Women, alſo it ſtops vomiting of blood, and piſſing of blood, cures all Bruiſes inwardly, opens the Lungs and the Liver, drives away the cold of Agues, and ſtops all running of the Eyes, if they be waſht with the decoction thereof.

Maſterwort

Maſterwort Imperatoria.

IT is planted in Gardens, and the Root ſmells very ſtrongly.

Maſterwort is warm and dry in the third degree. This Root boyled in Wine and drunk, is good for a cold and naughty ſtomack, and for cold ſhaking Agues, makes a man have an Appetite to his Meat, and reſiſts ill Ayres and Venome, drives forth Wind, reſolves clotted blood that came by Falls, Blows, or Knocks, and is good to lay on where mad Dogs have bit.

Polypode.

POlypode hath long Leaves that are cut off to the middle Rib; the Root is almoſt a finger thick, brown without ſide, and greeniſh within.

Polypode is dry in the ſecond degree; Theſe Roots ſod in Fleſh-broath and the Liquor drunk, makes one go eaſily to Stool, cleanſe the blood, and drive away Scabs and Mange.

Eringo's

Eringo's.

THis grows by the Sea-ſide, and hath prickly blewiſh Leaves. This Roots ſeems to be warm by nature.

Eringo Roots ſod with Meat as other Roots are, help well being eaten againſt the pain in the Belly, which men call the Cholick, that proceeds from wind within, alſo it makes one Urine well, and drives forth the Stone and Gravell. Theſe Roots preſerved and eaten, have the ſame force, and make a man luſty, and cure the Strangury and the Dropſie, and Diſeaſes of the Liver.

Skirrats.

THeſe have round ſtalks and carved Leaves, the Flowers are white and grow in round faſhion on the top: the Roots are white, and about a finger in length, and taſt very pleaſantly.

Skirrat Roots are warm and dry, theſe roots ſod in any Broath and eaten, do ſtrengthen the Stomach, and cauſe an Appetite and deſire to Meat, and make men void water well, and ſtop the looſneſs of the Belly.

Marſh.

Marſhmallow Roots.

THis Root is great and thick, and within it is white and ſlimy, grows in low places neer Ditches, and is alſo planted in Gardens.

Marſhmallows are ſoft as Velvet, and ſome call it Velvet leaf, for it ſoftneth and makes eaſie. Marſhmallow Roots bruiſed and ſod in the Pap of Linſeed, or Barley-meal, is good to lay upon hard Swellings, for it ripeneth and breaks them. This Root ſod in Wine and drunk, cauſeth water to be made, and is good againſt the Gravell, and the roughneſs of any paſſage, and for any one that is inwardly hurt by Blows, Knocks, or Falls: The Root ſod with Vinegar and gargled in the Mouth, ſtrengthens the Gums, and cure the Tooth-ache.

Onyons.

THeſe grow in Pot-herb Gardens, and are daily uſed in the Kitchin.

Onyons are hot above the third degree, Onyons ſod, or roaſted, and eaten with Oyle and Vinegar for Salade, opens well, and cauſes a man to make water, are good alſo for a cold and naughty ſtomach, for they cure it, and make the Meat digeſt well.

Aſarabacca

Asarabacca Root.

ASarabacca Root hath blackiſh green round Leaves; the Roots are ſmall and long, ſmell well, and taſt bitingly upon the Tongue, and are planted in Gardens.

Aſarabacca Root is warm and dry in the third degree: This Root powdred and drunk in with Butter and Beer, purgeth well downwards, and will alſo make a man to vomit, but a man muſt thruſt his finger deep down his Throat after he hath taken it: It is a good remedy for the Dropſie, and for the Sciatica. This Root drives off Womens Terms, and is good againſt the Cough and the Strangury.

Madder,

MAdder are red Roots that grow much in *Zeland*, and are very much eſteemed, and are grownd in Mills to dye Reds.

Madder Roots are hot in the ſecond degree, and dry in the third. Madder ſod in Beer and ſtrained, and the Liquor drunk with Honey, is good againſt the yellow Jaundice, and cauſeth one to make water well, opens the ſtoppings of the Kidneys, the Bladder and the Liver, and Womens Courſes, and is good for

ſuch that are bruiſed by Falls, or otherwiſe, for it ſeparates and drives off the blood that is ſettled.

Briony.

BRiony, or wild Vine, hath Leaves and tendrells to lay hold, like as the Vine hath, and grows very high, and is very handſome to deck a Garden. The Flowers are white, and from them grow green Berries that afterwards become red. The Root is white, thick, great, and long, and is oft-times hanged before the Apothecaries Shops to make a fine ſhew.

Briony Roots, whereof there grows great ſtore in the *Downs*, is hot and dry in the third degree. The young Branches of this Root at the beginning of the Spring, being made ready as they ſhould be and eaten, are good for a bad ſtomach, make men go to Stool handſomely, and provoke Urine. Briony Roots ſod with Rayſins, and then ſtreined, and the water drunk with Honey, will purge well, and drives forth Flegm, helps the Falling-ſickneſs, and Apoplex, and a foul ſtomach.

Reſtharrow.

Reſtharrow.

REſtharrow hath blackiſh green round Leaves, ſet about with very ſharp hard prickles, the Seed lyeth in Pods.

Reſtharrow is of a drying nature, the Rinds of this Root ſod with Wine, and the Liquor drunk with Sugar, forceth the water forth, breaks the Stone, and is good againſt the Falling-ſickneſs; and being ſod in water, and a little Vinegar put to it, and ſo gargled in the Mouth, cures the pains of the Teeth.

Avens.

AVens hath rough and blackiſh green divided Leaves, and the ſtalk grows about half a foot high with yellow Flowers. The Root is ſhort, and ſmells like to Cloves.

Avens is hot and dry in the ſecond degree: The Roots of Avens ſmell as pleaſantly as Cloves. Theſe Roots being ſteeped in Wine, make the Wine taſt and ſmell gallantly, and this Wine is good for them to drink that are bruiſed inwardly, and drives away the clotted blood, and is alſo good for all Wounds, be they outward or inward. This is alſo good to drink for an ill ſtomach, opens the ſtopping of the Liver, and cleanſeth the Breaſt from flegm:

It is good alſo againſt the Wind-cholick, and wind and pain in the Guts.

Long Birthwort.

LOng Birthwort hath Leaves as if they were painted. The Roots are long and tender, and abound mightily in many places.

Birthwort is hot and dry in the ſecond degree. This Root ſteept in Wine, and the Wine drunk off, is good againſt all Venome in the body, and provokes Urine well, and Womens Courſes, and is good alſo for pain in the ſide, for the Cramp, and for the Gout, uſed as I ſaid before.

Hollow Root, another ſort of Birthwort.

HOllow Root grows about a ſpan high, hath ſmall Leaves, it is planted in Gardens, and the Gardners ſell it in their Shops.

Hollow Root is hot in the firſt degree, and dry in the ſecond, and is two years good for uſe in its full force. This Birthwort being beaten ſmall, with Liccoriſh Root cut ſmall, and mingled toge her with Honey, and ſome of it commonly lickt up is good for Coughing and ſhort

ſhort windedneſs. Alſo he that hath the Falling-ſickneſs muſt take an ounce of Hollowwort, and ſeeth it in Oyle of Olives, and therwith annoynt the Backbone all over, and that will help him. Hollowroot powdred and mingled with Vinegar, is good to waſh a Scald head and Scabs: Hollowroot drunk in with Wine, or Beer, is good againſt Venome, and drives it forth, and drives alſo the Secondine out.

Butter Bur.

BUtter Bur hath great round Leaves, the ſtalk grows about a Span high; you ſhall find it in moiſt Grounds: the Flowers are very beautifull, the Root is ſtrong and taſts bitter.

Butter Bur is dry in the third degree; This Root dryed, powdred, and drunk in Wine, is good againſt the Plague, and burning Feavers, drives the Venome from the heart, and is a remedy for the riſing of the Mother.

Biſtort, or Snakeweed.

BIſtort hath ſmall crumpled Leaves, on the one ſide they are a dark green, and on the other ſide next the ground, blewiſh green, hath a long ſtalk, and is full of pleaſant Flowers.

The Root is crumpled and red within.

Biſtort cools and dries in the third degree: The Root of Biſtort ſod, and the Liquor drunk is good againſt a looſneſs of the Belly, and the Reds in Women, ſtops their Courſes, and ſtaies Vomiting, openeth the Spleen, and ſoftneth it when it is hard.

Wake Robin, or Cuckopint.

CUckopint hath great green Leaves, and a ſtalk about a Foot high, and hath round Berries.

The Root is white and round.

Cuckopint, which ſome call alſo the Dutch Ginger, is hot and dry as Ginger is; Theſe Roots preſerved with Sugar or Syrup, are good to take againſt flegm in the ſtomach, and to make one ſpit it forth, and againſt Diſtillations that fall down, and for Limbs that are pulled together by Convulſions. They are good alſo layd outwardly, upon very ſtinking Sores, and for Spots that cover the ſight.

Satyrium.

SAtyrium Leaves are almoſt like to white Lilly leaves, with very fair flowers. The Roots

Roots are two round ſmall Knobs, and they grow in green ſandy Ground. There are very many ſorts of theſe Satyriums, they are warm and moyſt. Theſe Roots ſod in new Milk and eaten, are good for people in Conſumptions, they ſtrengthen the Reins, make a man luſty, and nouriſh well.

Great Comfrey.

COmfrey hath long rough Leaves, the flowers are round and hollow, ſometimes red coloured, and ſometimes pale. The Root is outwardly black, and white within, and grows abundantly in low Grounds, and low Ditches. Comfrey is warm and dry in the ſecond degree; the Root ſod in Mede, or ſweet Milk and drunk, is good for an ill ſtomach, ripeneth the Flegm, and is alſo good for ſpitting of blood, and is a moſt wholſome Root to heal Wounds and Ruptures, and therefore hath it the name in Latine, *Conſolida*, or healing.

Orris, or blew Lillies.

ORris hath green long Leaves, the Flower is moſt commonly purple blew, and it is planted commonly in Gardens.

Orris Root is warm and dry. This Root ſod in Wine, and the Wine drunk, is good for pain in the Belly, and for ſuch as have any Limbs contracted by Convulſions, or are chilled, or ſtiff. It is good alſo againſt the Dropſie and the Stone. This Root powdred, and mingled with Honey, is good to take inward againſt ſhort windedneſs. The root powdred, and ſniſt up into the Noſtrills, makes a man ſneeze, and cleanſeth the head from within.

Pellitory of Spain.

PEellitory of *Spain* hath divided Leaves like to Fennell, and the Flowers are almoſt like to Chamomil Flowers: The root is long and burns upon the Tongue when you taſt it.

Pellitory of *Spain* is hot and dry in the third degree. Pellitory roots powdred and mingled with Honey, and taken inwardly, is good againſt the Falling ſickneſs, alſo for the Apoplex, and for an old pain in the head, and for a cold Brain. The root of Pellitory chewed in the Mouth, makes a man ſpit very much, and is alſo good againſt the Toothach.

Quich

Quich Graſs.

THe Roots of ſome Graſs are uſed in Phyſick, ſuch as have ſoft blades, and grows in upper grounds. The roots are white and long, and wrapt together one with another.

Graſs is cold and dry.

Graſs-roots ſod in Wine, and the Wine drunk cureth the pain of the belly, and drives out water well, and is good to take againſt Gravel, and piſſing by drops.

Admonition to thoſe that deal in Flowers.

DEare Flower-Gardners, Becauſe that great and ſmall Flowers are the principall Ornament of a well ordered Garden, and many ſeek to make Noſegays to ſmell to, and to deck Flower-Pots, and to make up in bundles to cauſe a mans Chamber to ſmell ſweet, and are lent to us poor Pilgrims to refreſh us in our ſorrowfull pilgrimage, and to comfort and aſſure us of that happineſs which is to come. For they let us underſtand how beautifull Heaven is, and the goodneſs of our God and Saviour, when we ſee and conſider that ſo many coloured Flowers ſpring out of the dark earth, double and ſingle, that ſmell ſo ſweet, that it is not poſſible for man to utter it: wherefore when we obſerve this, we ſhould meditate

meditate with our ſelves, how beautifull and noble is God that made theſe Flowers, who is the Maker and Saviour of us all, who hath commanded ſo many various Flowers to grow out of the black Ground of ſo many different colours, faſhions, and ſcents; Inſomuch that God himſelf teſtifies in the holy Evangeliſt, That King Solomon in all his Royalty was not ſo richly cloathed as one of them: And we ſee it daily in Summer time, that no Silk nor Velvet, nor painting can ſet forth the lively colours of Flowers, and therefore we are bound to love our God and Saviour who makes theſe Flowers, and ought to take pains to free our own Houſe from all Weeds of ſin, and to dedicate our ſelves to Gods Service and ſhould alwaies long to come to that place where our God is, and where we ſhall perfectly enjoy all ſorts of rich Flowers, that ſhall for ever grow freſh and never dye, nor wither away. There ſhall the Martyrs be as beautifull red Roſes. There ſhall Virgins be like Lillies and white Roſes; there ſhall humble men be as well-ſented Violets, there ſhall the diſcreet men be as fair white Daiſies, there ſhall thoſe that love God be as fair double Marigold Flowers, and all theſe ſhall for ever be ſhined upon by the Sun of Righteouſneſs, where they ſhall receive everlaſting Felicity, and ſhall alwaies be wet and be bedewed with Gods Grace in eternall Joy.

Of

Of the Force and Operation of Phyſicall Flowers.

Marigold Flowers.

MArigold Flowers have three or foure ſtalks about a Foot and half high, covered with long pale green Leaves, and upon theſe there grow up fair Marigold Flowers, that open with the Sun riſing, and ſhut again as the Sun ſets; and there are two ſorts of them, double, and ſingle. Marigolds are ſowed in Gardens, and they flouriſh almoſt from *May*, untill Winter.

Marigold Flowers are hot and dry: Conſerve of Marigold Flowers is good to eat for an Antidote againſt the Plague, and cures alſo panting and beating of the heart. Marigold flower Vinegar is fit to be uſed in hot ſickly times, either alone, or elſe ſome Treacle taken with it. Theſe flowers by themſelves, or with the Herbs ſod together, and the Wine drunk, brings down the Courſes. Alſo you may uſe diſtilled water or Marigolds in ſickly hot weather, when the Plague is abroad, and it ſerves alſo to waſh red Eyes, and heals them. At firſt the young Sprouts are good to put in Pottage, and to mingle with Salades, and the Flowers may be eaten ſtrewed over Salades.

Violets.

Violets.

SWeet Violet leaves creep along the ground, as Strawberry leaves do, growing upon many ſtalks, and the leaves are round, and of a browniſh green colour. The Flowers ſmell very ſweet. Violets are commonly moſt planted in Gardens, though in ſome places they grow wild and blow in *March*.

Violets are cold in the firſt degree, and moiſt in the ſecond. Violets ſod in water and the water drunk, is good in hot Feavers, and againſt the heat of the Liver. Syrup of Violets drunk in, will make one purge gently, and is good for a Cough, and for people that are in Conſumptions, and againſt a Pleuriſie and pain in the ſide. Conſerve of Violets is good for the ſame purpoſe, which you ſhall find at the Apothecaries, as well as the Syrup, and there is no Herb more uſed then the Violets.

Violets ſtampt and mingled wet with Barley-meal, and a Pap made therewith, with Butter and Vinegar, is good to be layd upon hot Swellings and Impoſtumes. Oyle of Violets is good to annoint the Temples of the Head with, to make one ſleep, and to abate pain that comes of heat.

Camomil

Camomil Flowers.

CAmomil Flowers are of two ſorts, namely, Garden Camomil, and wild Camomil. Camomil Flowers have white Leaves, and are yellow in the middle, they grow under Corn, but the Garden Camomil hath but one ſtalk only whereon the Flower groweth, but the field Camomil hath many ſtalks, and ſerve for nothing but to waſh ones Feet in hot water. Alſo there is Roman Camomil with which they plant Banks to ſit on. Theſe ſmell very pleaſantly, and the more you ſit upon them the better they proſper, and grow and ſmell more pleaſantly.

Camomil Flowers are hot and dry in the firſt degree. Camomil ſod in Beer, and the Beer drunk, is a very ſafe drink, to cauſe one to make water, and to drive forth the Stone. It drives alſo wind away, and cures the Wind-cholick, and eaſeth all pain. Chamomil Flowers are good likewiſe to ſeeth in water for the Feet: Oyle of Camomil abates all pain, makes looſe and gentle what is ſtiff and hard, and openeth what is ſhut. To break wind, take ſome Camomil Flowers with ſome beaten Liccoriſh, and eat that, and drink a Cup of warm Beer or Wine after it, and that ſhall help you by the Grace of God.

Lillies

Lillies.

WHite Lillies have long and fat Leaves, between which there comes forth a round upright ſtalk about three Foot high, and upon this come out well-ſented fair Lilly-flowers, that are beautifull to be ſeen, and it is a great wonder that ſo rare a ſweet white Flower ſhould grow out of the dirty Earth: Lillies are planted in Gardens. The roots and Leaves of the white Lillies ſtampt and boyld in a Poultes as it ought to be, are good for all Swellings if it be layd on pretty thick, for ſo will they ripen the Impoſtume and cauſe it to break. Oyle of Lillies which Apothecaries ſell is good to annoynt any part that is ſtiff, and being drunk with luke warm water, makes a man to Vomit.

Dayſies.

Dayſies are of two ſorts, double and ſingle, and ſome are red, ſome white, and ſome ſprinkled. The wild Dayſies grow in the paſture Grounds, and the double are planted in Gardens.

Dayſies are exceeding cold and dry, and men uſe them much to cool in hot Feavers. Take Dayſies, and ſeeth them in water with French-barley

barley and Rayſins, this is a good Drink for a burning Feaver, and for a hot Liver, and purgeth gently: one may eat Dayſie Leaves as Sallades with Oyle and Vinegar, and it will cool and open, and breed a man an Appetite.

Lillies of the Valleys.

LIllies of the Valleys have two green eaven Leaves, as white Lillies have with a ſtalk about a hand high: upon this there grow ſeven or eight well-ſented Flowers, that ſmell gallantly. Theſe Flowers grow wild under Trees, and are alſo planted in many Gardens.

Lillies of the Valleys are warm and dry, the Flowers layd in Wine, of which is better the diſtilled water of them, about half a ſmall Glaſs, ſtrengthens the Memory, makes the Heart merry, cures the Apoplex, and alſo lameneſs of the Limbs, and Palſies.

White Water Lillies.

WHite water Lillie Flowers grow in the Marſhes and ſtanding Ponds: They are cold and dry. The Conſerve of them uſed is good for a Looſneſs of blood and Choler, and for an over hot ſtomach, makes a man alſo live

Chaſt,

Chaſt, and ſleep quietly, and drives away naughty and unchaſt Dreams, and is good alſo againſt the pain of the Bladder and the Spleen: The Syrup alſo ſold in the Apothecaries Shops, is good for the ſame, to make one take reſt, and to abate burning Feavers. The Leaves are good to cool red hot Eyes, being only bound upon the Forehead.

Piony Flowers.

PIony Flowers are very beautifull red Roſes, the Seed is black plain and ſhining, the roots are white long and well ſented, they are planted in Gardens.

Piony Flowers are hot and dry. The Conſerve of Piony Flowers is good to uſe for them that are troubled with the Falling-ſickneſs; Piony Seeds are good for the ſame purpoſe, or the Seed powdred and drunk in Wine. This will cauſe one to make water well, and cleanſeth both the Liver and the Kidneys. Piony roots ſod in Wine, and the Wine drunk, cleanſeth the Blood.

Panſeys.

Panſeys.

THey have ſtalks that are three ſquared, and the Leaves are blackiſh green, with notches in them, and the Flowers are lovely, of divers colours. They grow in Corn-fields, and in ſome places abundantly.

Panſeys called Trinity Herb, are temperate, and being ſod in new Milk are good for Children that are ſick, and are alſo good for an ill ſtomach, and Lungs, and by Gods help will cure an Ague.

Wall Flowers.

THey grow upon hard woody ſtalks, and the Leaves are green, ſmall, and long, the Flowers are a fair yellow colour, and ſmell well, and every Flower hath four Leaves, out of which the Seed comes in long Huſks, they grow abundantly upon old Walls.

Wall Flowers are warm and dry: Theſe flowers ſod in ſmal Beer, or Rain-water, and the Eyes waſht therewith, takes Spots away and clears the ſight, and is good for them to drink that are troubled with Gravell. The Seed of Wall Flowers powdred and drunk in Wine, is good to provoke the Terms.

Borage and Bugloſs.

THey are both much uſed and generally known.

Both theſe Herbs are temperate, and their force is the ſame. The Syrup or Conſerve of theſe Flowers taken inwardly, makes good blood, drives away the Ague, and is good for Swellings upon the head, and for beating of the heart, for Melancholy, Falling-ſickneſſes, yellow Jaundice, and makes a man merry and glad: the Flowers are excellent to eat, ſtrewed over Sallades.

Couſlips and Primroſes.

THeſe are pale yellow Flowers, and grow wild abundantly, eſpecially in ſandy Ground.

Theſe Flowers are dry in the third degree: From the Leaves and Flowers water is diſtilled, that is good to drink againſt Palſies, and you may chop the Herbs and Flowers, and boyle them in Broath, and alſo bake Cakes with them and they are good for Lame and Sciaticall people, to eat to make them ſound.

The

The white Daffodill.

THeſe vomiting Roots have fair white flowers, that ſmell pleaſantly; The root is round like an Onyon, they grow not here of themſelves, but are planted in Gardens.

They are hot and dry in the ſecond degree. The root of white Daffodill, ſod, roaſted, or any way taken in drink, makes a man vomit: The root boyld with Meal, Butter, and Vinegar, makes a Pap that layd to hard Swellings and Impoſtumes, will ripen them and breaks them: alſo it heals Nerves that are wounded, and diſſolves hard knots.

Yellow Daffodills.

THeſe are fair yellow Flowers that come very ſoon forth and are planted in many Gardens. They are warm and dry. The root of yellow Daffodill about two drams ſod in Beer or Wine, with ſome Anniſeed, Fennel Seed, and Ginger, and this drink drank down, doth purge by Stool tough flegm, and yellow Jaundice and Dropſie, and ſerves to cure all ſickneſs that comes from watry humours. The root ſod in Milk and ſtreined, and drunk, makes a man vomit luſtily, and cleanſeth the ſtomach and Lungs from Flegm and Filth

Sweet Triſoly.

SWeet Triſoly hath a round hollow ſtalk, and Leaves like three Leaved Graſs that ſmel ſweet, and theſe are planted in Gardens.

The Flowers muſt be gathered at the time that is proper and ſeaſonable, and when they be dryed under paper, they muſt be infuſed in oyle of Olives in a Glaſs, and ſet in the Sun; and when they have ſtood in the Sun for ſome time, there will come from them a pure oyle that may be uſed outwardly or inwardly, and is good for all Wounds, Grief, or Pain, and for all Ruptures, and Bruiſes by Falls or Blows; with this Oyle many a poor man is helped, wherefore the Rich ſhould alwaies keep it by them to help the poor.

Blew Bottles.

THe Corn Flowers are called blew Bottles, they have cornerd ſtalks, and ſmall Leaves, and beautifull blew Flowers. The blew Bottles grow under the Rye.

Blew Bottles are cold and dry; Theſe flowers dryed and put into French-wine with Mace into an earthen Pot, and this Pot ſet under ground for ſix weeks, this Wine drunk after this is good for the Dropſie; and water diſtil-

led

led from these Flowers is good to wash red running Eyes, for it cools and heals them.

Corn Poppy.

CORn Poppy, brings faire red flowers, and they grow in Corn in abundance, were they not so plentifull, and if they came from forreign Countries, men would value them more then they do.

The flowers are cold in the fourth degree; water distilled from them is good to drink against the Plague, and burning Feavers, and a hot Liver, and makes also a good Gargarisme for a burning Throat, and sore Mouths. Four or five of the heads sod in Wine, and the Wine drunk, will make a man sleep well.

Hollyhocks.

HOllyhocks bear very faire flowers of many colours, as red, white, carnation, and some are single, some double. Hollyhocks are moderately warm and moist.

The water of Hollyhocks wherein the root and leaves are sod, doth soften the hardness of the Mother, if the sick be bathed therewith, and

the ſame water is good in Clyſters to ſolten the inward parts. The Roots, Flowers, and Leaves are good ſod in a Poultels, to ripen all hard Swellings and to break them, and draw forth Splinters and Thorns, and are good to lay upon Womens ſore Breaſts.

Melilot Flowers.

MElilot Herb and Flowers ſmels very ſweet the Leaves grow three together, like three leaved Graſs, and are carved round about; the flowers are yellow, and grow thick together upon ſhort thin ſtalks, and grow wild commonly, yet ſome plant them in Gardens. Melilot flowers are warm and ripening. Melilot flowers ſod in Wine and the Wine drunk, cauſeth a man to make water, and drives forth Gravel, eaſeth the pains of the Kidneys, Bladder, and Belly, and ripeneth the Flegm in the Breaſt, and brings it forth by ſpitting; it ſerves alſo to waſh the Eyes that have ſpots in them. Melilot Flowers ſod in ſweet Wine and ſome Meal, and the Yelk of an Egg, will ripen and break hard Swellings.

Winter

Winter Gilliflowers.

WInter Gilliflowers are fair and well ſented flowers, and ſome are as white as Snow, ſome Carnation, ſome red, they grow moſt in Gardens, and laſt all the Summer. Winter Gilliflowers are excellent to be diſtilled, to make ſweet ſented Water to waſh Ladies Hands and Face with, to make them fair, and to ſmell ſweet.

Clove Gelliflowers.

CLove Gelliflowers are gallant ſweet flowers, ſome double, ſome ſingle, ſome red, ſome white, and ſome of other colours, and moſt ſerve to make Noſegays, and to lay in Windows to adorn the Houſe, rather then for Phyſick.

Clove Gelliflowers are temperate. Conſerve of Clove Gelliflowers ſtrengthens the heart, and is good againſt the Plague and burning Feavers. Vinegar of red Clove Gelliflowers is good to uſe againſt fainting, and peſtilentiall Diſeaſes.

Royall Conſound.

THe Flowers are fair and lovely, and of ſeverall colours, ſome are Sky blew, ſome vvhite, ſome carnation, and they grow upon a round hollow ſtalk, the Flowers have a long crooked thing like a Spur, They are ſowed in Gardens, and blowe almoſt all the Summer.

Royall Conſound is temperate in heat. The Seed drunk in Powder is good againſt the bitings of Scorpions.

Columbines.

THeſe are very fair Flowers, ſingle and double, and are ſome as blew as the Sky, others are white, and ſome are Carnation, and as the Flowers fall away, ſo comes there a black Seed that grows in Pods.

Columbines are temperate in heat, and are ſeldome uſed in Phyſick.

Fox-Gloves.

THeſe are faire, long, round, hollow Flowers, like to Finger-ſtalls, and are ſome red, and

and white within, others are yellow.

This Herb is hot and dry. The Plant ſod in Water, or Wine, and the Liquor drunk, is good for groſs Flegm in the Breaſt, and againſt the ſtopping of the Liver, Spleen, and Bowels, it muſt be drunk with Sugar and Honey mingled with it.

Honeyſuckles.

THe Flowers ſmell ſingularly well, they are handſome in Gardens, for ſo ſoon as the flowers are fallen off, there grow up Berries in the place that are red when they are ripe. They grow vvild in many places, but tranſplanted they proſper more. Honeyſuckles are warm and dry almoſt in the third degree.

Water diſtilled from Honeyſuckle Flowers, is excellent good if linnen Rags be wet in it, and layd upon corrupt Wounds, the Canker and Impoſtumes that are broken, and it heales Freckles of the Body, if they be waſht often vvith it.

Honeyſuckle ſod in Wine and drunk, powerfully drives out by Urine all filthy humours, and openeth the Spleen that is ſtopt, and makes it ſmall and well.

TO

TO THE

READER.

THere are many rare Flowers that are not here deſcribed, becauſe they ſerve more for ſhew and Ornament in Gardens, then they do for Phyſick: As the fair Tulips of ſo many choice Colours, and the Crown Imperiall are gallant Flowers, but they ſerve neither for the Kitchin, nor for Phyſitians Uſe.

Admonition to the

GARDNERS.

COurteous Gardners, I pray God to ſend you all happineſs: You underſtand well loving Friends, that a comely Garden wherein there grow pleaſant Herbs, muſt be well guarded and defended againſt Thieves and ill men; Or elſe you ſhall never keep it:

Even

Even ſo we muſt be watchfull and take great heed that we loſe not the Grace of God, by ſloath and idleneſs, or evill Company, whereby we may be brought to lead a wicked life in ſins and unbelief; but if we be carefull and mindfull of what God hath beſtowed on us, and requires from us, then ſhall we continue upon our guard, leading a vertuous Life, and ſhall at laſt be Crownd with Glory and Immortality, which God of his Mercy will freely give unto us.

Of the Nature, Force, and Operation of Herbs that ſmell ſweet.

Roſemary.

ROſemary is a woody Plant, and hath many Branches vvith ſmall tender Leaves, vvhite underneath toward the ground, but green on the upper ſide, and the Flovvers are vvhite. It is planted moſt in Gardens, ſmels excellent vvell, and is much uſed in Meat and Medecine.

Roſemary is warm and dry in the ſecond degree. Roſemary ſod, and the Liquor drunk, brings a man an Appetite to his Meat, cures the Jaundice, ſtrengthens the Memory, Brain, and

and Sences, rejoyceth the Heart, renews the blood, and is good uſed for many Diſeaſes. Conſerve of Roſemary Flowers ſold at the Apothecaries, is for the ſame uſe, and is good for the Apoplex and Palſie in the Tongue, and to bring one to ſpeak again that hath loſt his Speech.

Lavender.

LAvender hath four ſquare ſtalks, and long ſmall Leaves; the Flowers are blew: this is planted in Gardens.

Lavender is warm and dry in the ſecond degree. Diſtilled Lavender Water is good to drink, one Spoonfull or two by them that are ſalne into a Palſie: It drives out the Secondin', and cures the ſhaking of the Hands, and trembling of the Head, and reſtores Speech loſt by reaſon of the Palſie.

Sage.

SAge is of two kinds, fine Sage and groſs Sage, and both theſe ſorts are vvell known, for they are planted in almoſt all Gardens.

Sage is vvarm and dry in the third degree. Sage ſod in ſmall Beer and drunk, is good againſt the Apoplex, and Falling-ſickneſs, and for

for pain of the head that proceeds from Cold, and it is good alſo for a foule ſtomach. Sage ſod in ſweet Milk and gargled in the Mouth is a good remedy to cure the falling of the Palate, and to heal a Throat that is very hot and fiery.

Thyme.

THyme hath little tender woody ſtalks with ſmall Leaves, that taſt very ſtrong, and it is planted in Gardens.

Thyme is hot and dry in the third degree. Thyme ſod in Wine and the Wine drunk, ſtrengthneth the Brain and Memory, and betters the Underſtanding, drives forth the Secondine, cleanſeth the blood, and is good for thoſe to drink that have been frighted, and are Melancholy, and againſt the Falling-ſickneſs, or are troubled with the Sciatica. It ſcoureth the Breaſt of tough Flegm, and drives avvay Wind.

Hyſop.

THis hath four ſquare vvoody Branches and ſmall Leaves, that taſt ſtrong, and it is ſovved in Gardens.

Hyſop is hot and dry in the ſecond degree, and is a good Herb for the Lungs. Hyſop ſod half an

an hour in ſweet Milk, and then the Herb taken forth and caſt away, and the Milk drunk up warm with Sugar, is a very good remedy for the Lungs, cures a Cold, clears the Breaſt, and makes a man have a long wind, and provoketh Sweat. Hyſop ſod with Water and Vinegar is a good help for the Toothache.

Marjoram.

MArjoram is an Herb that ſmels well, and is ſufficiently known; it hath tender ſmall Stalks, with ſoft Aſh-coloured Leaves, and is yearly ſowed in Gardens.

Marjoram is warm and dry in the third degree; Marjoram rubbed and put into the Noſtrils, makes one ſnieze, and draws much moyſture from the Head, ſtrengthens the Brain and Memory: Marjoram ſod in Wine is good to drink for the Dropſie, the Gravel, a cold Stomach, and for Lameneſs.

Penniroyall.

PEnniroyal is a well ſented Herb creeping along the Ground, the Leaves are roundiſh, the Stalks are ſmall and tender, the Flowers grow round the Stalks, and are ſome of Snow white

white colour, and ſome blewiſh. Penniroyal grows naturally in wet and unmanured places.

Penniroyal is warm and dry in the third degree. This Herb ſod in Wine, and the Wine drunk up, helps forward Womens Courſes, and drives forth the Secondine, or after burthen makes one Urine well, is good for the Stone, forceth out Melancholick Humours and Wind, heals the Sinews that are drawn together by Convulſions, is good alſo againſt the Wambling of the Stomach, and for the Falling-ſickneſs, and againſt all Meats and Drinks that men may have taken, and it drives away the Gout.

Wild Thyme.

WIld Thyme hath many woody ſlender long Stalks that creep along the Ground, and hath ſmall Leaves like to Thyme, and it ſmels ſingularly well, the Flowers are of a purple colour; it grows upon Sandy dry and high Ground.

Wild Thyme is warm and dry in the third degree. Wild Thyme ſod in Wine, or Water, with a piece of Liccoris, and the Liquor drunk, brings down Womens Courſes, drives forth the Gravel and the Stone, ſtops the looſneſs and pains of the Belly, and ſoftneth the Nerves that are by Convulſions drawn together.

Savory

Savory.

SAvory hath ſmall Leaves, and the Flowers are whitiſh, or carnation, and ſmel ſweet: This herb is yearly ſowed in the Garden, and is much uſed in Dyet, the nature and force of it is like unto Thyme, it may be uſed in Pottage or elſe to dreſs Beans with.

Wild Savory.

WIld Savory hath little ſmall Leaves, and the Flowers are white, or carnation, this is planted in Gardens. Wild Savory is hot and dry like unto Thyme, and is good and wholſome to boyle with Meat inſtead of Spices, as men formerly were wont to do, when they knew not of any Spices from forreign Lands.

Another Wild Thyme.

THis hath ſmall Leaves, and is an herb that ſmelleth well, and bringeth white Flowers.

This wild Thyme is hot and dry in the third

third degree. Sod with new Mill and drunk, it is excellent to provoke Urine, and cures the Dropſie, and ſwelled Legs, and great Bellies: If it be rubbed in the Hand and thruſt up into the Noſe, it purgeth the Head, and draws many humours from the Brain.

Botris, or Oke of Jeruſalem.

BOtris hath ſmall deep hatched Leaves, and under-neath they are purple red, and it hath many Branches. The Seed hangs by the Stalks like unto ſmall Grapes, and it ſmells well, being planted in Gardens.

Oke of *Jeruſalem* is warm and dry in the ſecond degree: This Herb cut and eat with Sugar Cakes, is excellent for an ill Stomach, drives away Flegm, and cauſeth a long Breath. This Herb dryed and layd by Cloaths, maketh them to ſmell well, and if it be boyld in Meat, it makes the Meat taſt well, and ſmell accordingly.

Baſill.

BAſill hath round Stalks and many Shoots on the ſides. The Leaves are carved round about, and are very ſweet ſented, and it is yearly ſowed in Gardens.

Baſil is warm and moiſt, and if it be cut ſmall and bound up in a Rag, and hanged in Wine, and the Wine drunk, it drives away ſorrow, and refreſheth the heart, cures a husking Cough and it is good to ſmel to this herb againſt ſwiming of the head, for it ſtrengthneth the head.

Mints.

Mints have four-ſquare brown and reddiſh hairy ſtalks, and dark hatched leaves, they ſmell pleaſantly, you have them growing in the Gardens, and they grow in the fields alſo.

Mints are warm and dry. This herb cut ſmal and with Vinegar layd warm upon the ſtomach, drives away wambling, and cauſeth a man to have an Appetite to his Meat, and is good to apply to the bitings of mad Dogs. The ſmell of this herb will make a man freſh and merry, and when it is ſod in Wine, and the Wine drunk, it kils the Worms, cures pains of the Belly, and helps a Woman in her Delivery, and cleanſeth a foul ſtomach.

Balm.

Balm hath four-ſquare Stalks, and blackiſh green Leaves, and ſmels almoſt like Citrons.

The

The root is woody, you find it planted in Gardens.

Balm is an excellent herb, and it is good for many Diſeaſes; this herb ſod in Wine is good to drink by them that are given to fainting and ſwooning Fits, that proceed from cold, as it often falls out with Women. This Wine is alſo good to drink againſt Venome, and againſt the bitings of mad Dogs. Balm ſteept in Wine and drunk, is good to ſtrengthen the Memory, rejoyceth the heart, makes a man ſleep well, and is good for a foul ſtomach, and ſhort Windedneſs, and for Gravell and pain in the Reins, kills Worms, and is good moreover for the yellow Jaundice and the Dropſie.

Coaſtmary.

Coaſtmary hath round Stalks, and long, fair whitiſh greeniſh Leaves, and hath a ſtrong ſmell, and a bitter taſt.

Coaſtmary is warm and dry in the third degree. Conſerve of Coaſtmary is good to cure the cold, and hinders Defluxions, and drives away all pains of the Belly, if a man uſe to take the quantity of a Cheſtnut, or a man may cut the herb ſmall, fry it with Eggs, and ſo eat it.

Southernwood.

THere are two ſorts of Southernwood, great and ſmall: Southernwood hath a woody Stalk, and many Branches, and hath many hacked Leaves; The Flowers are yellow, golden coloured knobs, and they grow along the Branches. Southernwood grows not here but what is planted in Gardens: Southernwood Seed powdred with ſome Liccoriſh, is good to make a man ſpit out flegme from his Breaſt, drives out Worms, and furthers Women's Courſes.

Southernwood is hot in the firſt degree and dry in the third degree, Southernwood ſteept in Wind, and the Wine drunk, is good for the riſing of the Mother, cures the yellow Jaundice and Dropſie, kils the Worms, opens all obſtructions, cleanſeth the Stomach, and breaks the Wine. Southernwood ſtampt, and with Salt and Oyle bound to the Pulſes, drives away the cold fit of an Ague.

Featherfew.

FEatherfew hath many tender nicked Ash-colour'd Leaves, the Stalks grow two or three Foot high, and upon them grow Flowers tha

that are white and yellow in the middle, that ſmell ſtrong. This herb is planted in Gardens.

Featherfew is hot in the third degree, and dry in the ſecond. Featherfew dryed and powdred, and mingled with Honey, and two drams of weight taken at a time, purgeth well, and cures Vertigo's and ſwimings in the head, and Melancholy, and Worms. Featherfew ſod and drunk is good againſt unfruitfulneſs of Women: Featherfew ſod in Water, and the Body bathed therewith, is good for the hardneſs of the Mother.

Rue.

RUe hath round Stalks, and there grow upon them blewiſh green Leaves that ſmell ſtrong, and it is ſet in Gardens.

Rue is warm and dry in the third degree: the diſtilled Water of it is good for dark Sights to waſh the Eyes with, it ſtrengthens the Eyes exceedingly. And Rue eaten with Bread and Butter, is good in hot ſickly times, keeps off the Plague, if you joyn good Prayers with the uſe of it.

TO THE

Herb-Sellers.

COurteous Friends, my hearty deſire is that you may proſper: You know well, that the Earth of its ſelf brings forth nothing but Weeds, and therefore it is neceſſary for the Ground to be Manured, that it may bring forth good Fruit, and yet though we do plant good Fruit, and ſow good Seed, Weeds will alwaies grow up and overtop them, choake, and deſtroy them. So it is with our corrupt Nature, that is alwaies contrary to that which is good, and ſtriving againſt the Spirit of God; wherfore we muſt manfully fight againſt our corrupt Nature, and not do the Luſts of our wicked Fleſh, but that which the rationall Soul commands. So ſhall we over-come our corrupt Nature, and get the Victory over our ſelves, that we ſhall not fulfill our own foul deſires, but ſhall do what we ought to do: We ſhould think that our Life is ſhort,

and

and that the time we have to work the works of Vertue, is ſoon gone, and the Reward ſhall be everlaſting Life.

Fare you well.

Concerning the Phyſicall Plants in Gardens, and Pot-Herbs; Of their Nature, Force, and Working

Carduus benedictus.

CArduus benedictus is a Thiſtle, and hath long hairy Leaves that are hacked deep round about: The Stalks are rough and hairy, the Seed is long, and grows in a head, and is ſowed in Gardens.

Carduus benedictus is warm and dry, and is a bleſſed Plant. Carduus dryed and ſteeped in Wine, and the Wine drunk, ſtrengthens the

Memory and Sences that are any waies decayed, and is good for pain in the head, and for a foul ſtomach, cleanſeth the blood and opens Obſtructions of the Liver and Spleen. Carduus Water is good for ſore Eyes, and cures them, if they be waſht with it. Carduus ſod in Beer, and this drunk hot with a little of the powder of it, makes a man ſweat well, and cures the Quartern Ague and the Plague, makes Urine run freely, and drives forth the Stone. Carduus is good alſo for ſwimming of the head, and helps Deafneſs. Pills of the Powder of it made with Honey, and ſwallowed down, helps the ſtraightneſs of the Breaſt, and is good for a Conſumption.

Sanicle.

THis Herb hath browniſh green round, carved Leaves with Corners, and hath two Stalks, upon which grow round knobs, full of ſmall white Flowers. It is very much planted in Gardens, and yet it grows wild alſo.

Sanicle is dry and aſtringent, and is an excellent herb for Wounds, and from healing it hath its name *Sanicula*. This herb cut ſmall and baked with Eggs, helps Rupture, and ſtaies a looſneſſe: If the herb be ſod, and the decoction drunk with Honey, it is good for ſpitting of blood, and for a ſoare Throat, and rotten Gumms.

Pimpernel

Pimpernel.

PImpernel Leaves are long and jagged, being green above, and blewish under-neath, and upon the top of the Stalk are small heads. The Plant is much to be found in the Marshes, and is much sowed in Gardens.

Pimpernel is dry and cold in the third degree, Pimpernel steept in Wine and the Wine drank, makes the Heart merry, and rejoyceth a man: the same Wine drunk stops Vomiting and pissing of blood, stops Womens Courses, and cures all Wounds, and the panting of the Heart.

Cresses.

CResses have small divided Leaves that tast hot and biting; the Flowers are white, and the Seed is red, and is sowed in Herb-Gardens.

Cresses are hot and dry neer to the fourth degree. The young Leaves eaten with Butter and Bread, are good for a cold stomach. Cresses Seed powdred and taken inwardly, purge by stool and drive out Worms, provoke the Terms, dissolve bruised blood, and ripeneth Flegm in the Breast.

Nip.

NIp hath long ſoft whitiſh jagged Leaves, and the Seed grows on the top.

Nip is hot and dry in the third degree, and ſod in Whey and drunk, cures the Leproſie, and kils the Worms, makes one ſweat, drives Venome from the heart, ſcatters bruiſed blood, as any one is hurt inwardly, and it takes away ſpots in the Eyes, if you waſh them with it.

Cole, or Cabbage.

THere are divers ſorts of Cabbage. Cabbage is hot and dry in the firſt degree. The Liquor where Cabbage hath been boiled in, mingled with a good piece of Butter and Sugar, and drunk, purgeth and cleanſeth the Breaſt from flegm. Juice of Coleworts ſnuſt up into the Noſtrils, cleanſeth the Brain and Head from flegmatick humours. Cabbage Seed is good to take againſt the Worms, for it kills and drives them forth, Colewort Leaves eat into a Poultes, or laid on Plaſterwiſe, cure all Ulcers.

Sorrel

Sorrel.

SOrrel is uſed much both in Sauce and Phyſick.

Sorrel is cold and dry, and being ſod in Whey, or Butter-milk, and drunk, is good for inward heat, clears the blood, and quencheth thirſt, and is good to drink againſt hot Feavers, and cures Scabs and Scurf, if you waſh them with it.

Succory and Endive.

SUccory and Endive are both of the ſame force and operation: they are cold and dry almoſt in the third degree. Water diſtilled from thoſe Plants, drunk with Sugar, is good for a hot ſtomach and Liver, and againſt the yellow Jaundice, and the Quartan Ague.

Purſlan.

PUrſlan hath thick round, reddiſh Stalks, and thick longiſh Leaves, ſometimes it grows of it ſelf in Gardens.

Purſlan is a very cold herb to the third degree,

gree, and moiſt in the ſecond degree. Purſlan eaten for Sallade with Oyle and Vinegar, cures all inward heat, ſtops the Terms, cools the over-hot ſtomach, and keeps a man chaſt, and is profitable againſt burning Feavers. Purſlan ſtampt is well applyed to St. *Anthonies* fire, and upon red running Eyes, and cures all heat.

Lettice.

LEttice eaten for Sallade, cools the blood, and makes a man ſleep well: It is cold and moiſt. Eaten with Oyle and Vinegar, it refreſheth the blood that is over-hot, and quencheth thirſt, and ſerves to extinguiſh and abate all heat. Lettice Seed ſtampt and eaten with bread and Butter, will bring a man to reſt.

Cucumbers.

CUcumbers are exceeding cold and moiſt, and eaten with Oyle and Vinegar for a Salade, cool all inward heats; but they are not good to eat often of them, yet their Seed is excellent for Emulſions.

Pompions

Pompions.

POmpions are cold and moiſt, and are eaten otherwiſe then Cucumbers are: Pompions ſod in new Milk, or Broath, and that thickned with Meal, and a Pap made thereof, and eaten, cools a hot ſtomach, and is not unwholſome Food. The Seeds ſtampt, or their Huſks taken off, are commonly uſed in burning Feavers to cool the blood.

Beets.

BEets are good Pot-herbs. Beet-roots cut handſomely and put in Oyle, are good to make Suppoſitaries for ſuch as are in Conſumptions, you may alſo cut them to thruſt them up into the Noſtrils: This is good to cleanſe the Brain, and to cure pain in the head. Beet-roots well ſtewed, and Oyle and Vinegar powdred upon them, are a very wholſome Diſh, and are eaſily concocted.

Chervel

Chervel.

CHervel is daily boyled in Pottage. Chervel boyled in a new earthen Pot with Wine, and then the Wine ſtreined through a Clout, and drunk with Sugar, is good for thoſe that are inwardly bruiſed by Falls, or otherwiſe, ſcatters the clotted blood. Chervil Porrige makes one make Water well, drives forth the Stone. It is good alſo for a foul ſtomach, and for pain in the Side.

Sparagus.

SParagus is temperate, the young Sprouts are eaten for Sallade, with Oyle and Vinegar, and they open Obſtructions, clear the Breaſt from groſs flegm, make marryed people lufty, and cure the yellow Jaundice.

Wormwood.

WOrmwood is of two ſorts, the Common and the Roman Wormwood: The common Wormwood hath Aſh-coloured leaves that are much jagged, and very bitter of taſt, and

and bear ſmall yellow knobs to Flowers. The Roman Wormwood hath ſmall jagged Leaves.

Wormwood is warm in the firſt degree, and dry in the third. Conſerve of Wormwood, or Wormwood Wine, are good to cure an ill ſtomach, and cold Liver; and for the Dropſie and yellow Jaundice, kills Worms, ſtops Vomiting, cleanſeth the blood: Wormwood Oyle is good to annoint upon the Belly, and Navel, and Pulſes, and Noſtrils, to kill the Worms.

Betony.

BEtony is a bleſſed Herb, and is of great uſe in Phyſick, and in the Kitching alſo.

Betony hath long darkiſh green Leaves nicks round like unto a Saw, ſmels well, and hath a foure ſquard Stalk, and the Flowers are very ſweet in ſent.

Betony is warm and dry in the ſecond degree, Betony ſod in Broath is good to drink for people that are in Conſumptions, clears the Breaſt and Lungs of Flegm: Betony Leaves being dry and powdred, drunk with Mead, are good for ſuch to drink whoſe Sinews are ſhrunk, alſo they cure Fits of the Mother, and bring down the Terms, they open the Liver, Spleen, and Kidneys, and help the Dropſie. Conſerve of Betony taken in frequently, cures pains of the head, ſtrengthens the ſtomach and the ſight, and helps running Eyes. Betony

boyld

boyld with Honey and Beer, is good to drink for flegm in the Breaſt, drives out the Stone, provokes the Terms, purgeth ſomething by Stool, and prevents ill Dreams, making one to ſleep well.

Admonition to the HERBALISTS.

DEar and wel-beloved Brethren, all happineſs attend you; You know well, loving Friends, that all the outward things of this World are but to teach us concerning that which belongs to the inward Man: and the Earth is the Theater for us to behold the Heavens by. When therfore men go a ſimpling, they ought well to obſerve the wonderfull Works of God, and to bethink themſelves of his great goodneſs: We ſee the Sun ſhine, and hear the Birds ſing merrily, and behold the fair Trees ſpringing out of the Earth; we gather the Fruits of the Earth, the Beaſts they are at our Service, the Sea affords us almoſt all manner of Fiſh; we ſee the changes of Times and Tydes: What doth all this

teach

teach us, but that there is a God who made the Heavens and the Earth, and all that is in them of nothing, and hath beſtowed upon us the uſe of his Creatures; who is over all, and knows and ſees all, who never lets good Works paſs unrewarded, nor ill Deeds unpuniſhed. This living God we ought to fear, love, honour, ſerve, and obey, and to praiſe & thank him for all his Benefits, to pray unto him to forgive us all our ſins that we have committed, and to deſire humbly his Grace, that hereafter we may lead a ſober, righteous, and godly life, doing to all men as we deſire they ſhould do to us, and exerciſing our ſelves in the works of Mercy. So ſhall we here receive Grace from God, and ſhall paſs from this miſerable life, to immortality, which the Lord God will freely give us for Chriſt Jeſus ſake his dearly beloved Son and Lord,

AMEN.

Concerning Plants that Men find in the Fields when they go a Simpling; and of their Force and Operations.

Christs-spear, or Adders-tongue.

ADders-tongue hath but one Leaf, and a small Stalk, and a little long Tongue. Adders-tongue is dry in the third degree: Barbers know this Herb well enough, for it cures all Wounds and Ruptures, if it be sod in Wine, and the Wine drunk, and Linnen Cloaths wet in the like Decoction, must be laid to the place affected. Sod in small Beer and drunk, it cures a hot Liver, and a burning Feaver.

Great Docks.

THere are two sorts of Docks, the great, and the small: Burdocks are known well enough, for they grow in most places. Docks are of a drying and softning quality.

Seed

Seed of great Docks powdred and drunk in Wine, is good againſt the Sciatica; one dram weight of the Root taken inwardly with the Kernels of Grapes, is a precious remedy for thoſe that ſpit blood and Mater. The green Leaves beaten with the white of an Egg, heale burning, and are effectuall to lay upon all old Ulcers.

Burdocks are hot and dry in the third degree The root ſod in Wine, and the Wine drunk, is good for coughing, and provokes Urine.

Tanſey.

TAnſey is called in Dutch *Wormkruit*, and hath many jagged ſtalks, the Seed is yellow.

Tanſey is hot and dry in the ſecond degree, and the Seed of it is good Wormſeed: a man may take it in with Sugar, or with the Pap of an Apple for the Worms, and it helps ſuch as make Water with pain.

Colesfoot.

COlesfoot hath great round Leaves, and many Corners of them ſtick forth, they are green on the upper ſide, and whitiſh underneath

neath, the Flowers are yellow, they grow in fat watry Grounds.

Coltsfoot is cold and dry. This Plant layd upon hot Swellings, draws forth the heat, cures alſo St. *Anthonies* fire, running Eyes, ſcabby heads, burning of the fire, and Sun-burns. The diſtilled Water drunk cures a dry Cough.

Scrofularia, or Pilewort.

THis Herb hath four-ſquare hollow Stalks, and brown hacked Leaves almoſt like to Nettles, the Flowers are like to a Helmet, the Root is white and hath many knots.

Pilewort is hot and dry in the third degree. The Herb and Root ſod to Pap with Vinegar and Butter, is good for hard Swellings being applyed to them.

Pellitory of the Wall.

PEllitory hath round tender tranſparent browniſh red Stalks, and long Leaves, the Root is reddiſh and grows commonly on old Walls. Pellitory ſtampt with Vinegar, quencheth St. *Anthonies* Fire, and draws heat out of the Body, is good for the Gout, and takes the Swelling away. Pellitory ſod and drunk, is good againſt an old Cold, and the Gravel, and the

the Strangury, you may alſo lay the Herb warm upon the *Scrotum*.

Scabious.

SCabious hath ſmall long hairy jagged leaves, with a round hairy ſtalk, the Flower is blewiſh, the Root is white and long, and it grows much in Sandy Ground under the Corn.

Scabious is warm and dry. Scabious Water drunk is good againſt the Pleuriſie, and pain of the Sides. Scabious ſod, and the Decoction drunk with Sugar, clears the Breaſt and the Lungs, drives away a Cough, and Scurff and Scabs, and cures Impoſtumations, and it is good for the Plague, drunk with Treacle.

Howſleek.

HOwſleek hath great, fat, thick, and ſmall Leaves, and hath a ſtalk about a Foot high, whereon grow Leaves alſo, and it flouriſheth upon Thatcht Houſes commonly and Walls.

Howſleek is cold and dry in the third degree. Howſleek ſtampt and boyld with Beer, is good to lay upon burning Bliſters and painfull Puſhes, for it dries them up and ſends them going. The Leaves ſtampt and layd upon the Forehead cures the pain of the head proceeding from

heat, it is good alſo for Wild-fire, and for running Eyes, and for the Reds, and for heat in the Mouth.

Flixweed.

FLixweed hath ſmall hacked Leaves, round Stalks, and pale yellow Flowers that change into Pods, wherein there lyeth a ſmall round Seed, which is called red Flixweed Seed. The Seed ſod in new Milk and eaten hot, is good for the reds, and for looſneſs of the Belly.

Scurvygraſs.

SCurvygraſs hath a thick Leaſe like to a Spoon, and the Flowers are white, and grow abundantly neer the Sea-ſide, and upon Ditches.

Scurvygraſs is hot and dry, men uſe to eat it with Bread and Butter, or they ſtamp it and ſeeth it in Beer, it is good againſt the Scurvy and ſore Mouths, and ſpots on the Skin.

Mullens

Mullens.

MUllens have ſoft woolly Leaves, and a long Stalk, with fair yellow Flowers, and grow in ſandy Ground.

Mullens are dry, this herb with the root ſod, and the Liquor drunk, is good for the Reds, and Scouring, and for a Cough, and to make a man ſpit up flegm from the Breaſt, and againſt Ruptures, and is good for the Piles, Toothache, and ſwelling in the Throat.

Nettles.

NEttles are of two ſorts, dead Nettles, and ſtinging Nettles.

Nettles are hot and dry. Nettles ſod and drunk, provoke Urine well, and are good againſt the Stone. Nettle Leaves ſtampt and mingled with Salt, cure Ulcers, Cankers, and bitings of mad Dogs, applyed to the part that is grieved.

Yarrow.

YArrow hath round ſtalks, and long divided Leaves, and hath white and alſo carnation Flowers.

Yarrow is a wholſome and drying herb, if it be cut and fryed with an Egg, it is good for Ruptures, and all Looſneſs and Fluxes of Blood, ſtops the Courſes, heals Wounds.

Saxifrage.

SAxifrage is hot; ſod in Wine and drunk, it cleanſeth the Reins and the Bladder, breaks the Stone, and drives it forth, is good againſt the Strangury, and pain in the Kidneys.

Centory the leſs.

CEntory hath ſquare ſtalks and ſmall leaves, and fair reddiſh Flowers, and grows in ſandy Ground.

Centory is hot; ſod in Beer and drunk, it cures Agues, and purgeth Flegm, kils Worms, opens Obſtructions of the Liver, ripeneth Impoſtumes, and is good againſt the yellow Jaundice.

Nightſhade:

NIghtſhade hath round ſtalks about a Foot high, the Leaves are dark green, the flow-

ers

ers are white, and the Berries are first green, and afterwards black, and grows abundantly neer dry Ditches.

Nightshade is cold and dry in the second degree. If you wet Rags in the distilled water, and lay them on hot Swellings, and Inflamations, it drives them away, and cures pain of the head and Swellings.

Water-Cresses.

WAter-Cresses have round and hollow Stalks, and fair green round Leaves, and grow much in Watry places.

Water-Cresses are hot and dry in the second degree. This Herb well washt and eaten for Salade with Oyle and Vinegar, is good against Gravel and pain in making Water, and is a remedy for heat in the Urine, and against all stoppings in the Kidneys and the Bladder.

Winter-Cresses.

THis Herb hath green, fat, even, round leaves, and the Flowers are yellow, it grows naturally in Gardens and manured Ground; this is of the same force with Water-Cresses, you may also eat it for Salade, and it provokes Urine

rine, cures the Strangury, and it drives forth the Stone.

Middle Comfrey.

THis Plant runs along the ground, hath dark green Leaves, and four-ſquare upright ſtalks, the Flowers are moſt blew, and it grows in Meadows and graſſe Fields.

Middle Comfrey is dry; it is good boild in Drink for thoſe that are inwardly bruiſed by blows or falls, ſcatters blood clotted, and cures the yellow Jaundice and Agues.

Bitterſweet.

BItterſweet hath long woody ſtalks, and grows neer Trees and Hedges.

Bitterſweet is hot and dry, and the Flowers of it are blew, after the faſhion of Turkiſh Turbans. Bitterſweet ſod in Wine and drunk, is good againſt Bruiſes, for it ſcatters clotted blood, provokes Urine, openeth the Liver, and is good for the yellow Jaundice.

Groundſell

Groundſell.

GRoundſell hath deep carved long Leaves, and grows by the High-waies, and upon untilled Ground. This Herb is uſed to be hanged upon Birds Cages, and it recreates the Birds.

Groundſell is cooling; This herb root and all ſod in Malligoe Wine, and drunk cures a cold ſtomach that is in pain; the Leaves may be eaten in Winter for Salade. Groundſell ſtampt and made in a Poulteſs with a piece of Butter, ripeneth Impoſtumes, and breaks them.

Marſh Smallage.

MArſh Smallage hath dark, green, ſhining Leaves, jagged round, and the Flowers are white, and a ſmall Seed comes after them.

Marſh Smallage is hot and dry; This herb ſod in ſmall Beer, and drunk with ſome good Honey Morning and Evening, is good for pain in the Kidneys, breaks the Stone, and provokes much Urine, driving out Venome. The Seed chewed, makes the Mouth ſmell ſweet, and ſod in Wine with Parſley Roots is good to drink againſt the Dropſie.

Anagallis,

Anagallis, Pimpernel.

THis Pimpernel hath red Flowers, and ſmal four-ſquare Stalks, it grows abundantly in the Corn-fields: It is hot and dry; ſod in Wine and drunk. it unſtops the Liver and Kidneys, and cures the bitings of venomous Creatures: the Juice of it ſnuffed into the Noſtrils clears the Brain, and draws much filth out of the head, it cures alſo Impoſtumes.

Shepheards Purſe.

SHepheards Purſe hath round Stalks, about a Foot high, with long, thick, jagged leaves, the Flowers are white, and when they are gone then come Pouches. Shepheards Purſe cools and binds, the herb dryed and ſod in red Wine, is good againſt Fluxes of blood, and lasks, and for piſſing blood, and for to ſtop the Courſes. The Juice of it ſtayes bleeding at the Noſe.

Wall Rue.

WAll Rue is one ſort of Maiden-hair, and grows upon old damp Walls and Wells,

Wells, and is of temperate nature. Wall Rue ſod in ſmall Beer with Licoris, is good to drink for pain in the Breaſt, ripeneth Flegm well, breaks the Stone, openeth the Liver and the Milt, and cureth blood-ſpitting.

Great Stone Crop.

SOme call it Wall-Pepper, it grows upon Thatcht-houſes and Walls, Stone Crop is hot and dry, ſharp, and biting: ſod in Vinegar and ſtreind, and drunk with Butter or Oyle, it makes a man Vomit ſtrongly, and is good for a foul ſtomach, Jaundice, and Ague.

Chickweed.

CHickweed is hung about Birds Cages, and they eat it when they are ſick, and it makes them ſing the better. Chickweed is cold. If it be ſtampt and made in a Poulteſs with Bran, Butter, and Vinegar, it will do good being layd upon hot and hard Swellings, for it ſoftneth and breaks them. The diſtilled Water of Chickweed is good to give inwardly to Children againſt the great heat and convulſion of the parts.

Fumitary

Fumitary.

FUmitary hath four-ſquare Stalks, and purple brown Flowers; it grows abundantly under wheat and Barley. Fumitary is hot and dry in the ſecond degree. If it be ſod in Whey and drunk, it purgeth the blood exceedingly, openeth, and drives away Melancholy; it is good againſt the Dropſie, Leproſie, and the Pocks, and againſt a Quartan Ague.

Mugwort.

THe Leaves are much cut, they are green, above, and Aſh-colourd under-neath. It grows abundantly by the Way-ſides, and there are two ſorts, Mugwort with the red Stalk, and Mugwort with the white.

Mugwort is hot and aſtringent: if it be ſod in Wine or Beer and drunk, it is good for Women that have hard Labour, and would fain be delivered. It provokes the Terms, is good for the Stone, and for the yellow Jaundice. Sod in Water it is good to waſh the Feet withall, and it is reported that if a Traveller carry this herb with him, he ſhall not ſoon grow weary.

Agrimony.

AGrimony hath long Aſh-coloured hairy Leaves. The Stalk grows above a Foot high, the Flowers are yellow, and grow one above another upon the ſame Stalk, and ſpring moſt in graſſie Valleys. Agrimony is hot and dry in the ſecond degree: Agrimony ſod and the Liquor drunk, is good for all inward Griefs, and for piſſing of Blood, drives out Venome, openeth and cleanſeth the Liver, cures Kankers, Warts, Hareworms, and all foul Diſeaſes, and alſo cures the bitings of mad Dogs.

Plantan.

PLantan hath great broad Leaves with ſeven Ribs, and there is another Plantan called Ribwort, with five Ribs. Plantan grows every where almoſt in graſſie Grounds. Plantan is cold and dry in the ſecond degree; Plantan ſod and drunk, is good againſt blood ſpitting, Fluxes, or piſſing of blood, all Diſtillations and to ſtay Womens Courſes. The Seed of Plantan ſod in new Milk, and the Milk drunk whilſt it is hot, is good for a Looſneſs. The diſtilled Water is good to gargle for a ſore Throat, and for a ſore Mouth that bleeds. The Leaves are good to lay upon hot Gouts, to ſoften and to draw forth the heat.

Hops

Hops.

HOps have round ſharp Scalks, whereby they clamber up upon Trees, or Poles, the Leaves are blackiſh green, with three Corners, and the Flowers are round white Bells, that ſmell ſtrongly; they grow naturally wild, and are alſo planted in Gardens. Hops are hot and dry in the ſecond degree: the young Sprouts of Hops ſod and eaten for a Salade with Vinegar and Oyle, purgeth the blood, and makes one go to ſtool, cure Scurf and Scabs, open the ſtoppings of the Liver and Spleen, drives forth Gravel, and the Urine plentifully without pain.

Celandine.

THe ſtalks of Celandine are round and hairy with many Joynts, the Flowers are yellow, and ſo are the Roots, the Seed is yellow, and biting exceedingly.

Celandine minced and baked with Eggs in Cakes, is good to eat for pain of the heart, and for the yellow Jaundice. The diſtilled Water of Celandine doth much quicken the Sight, and drives ſpots out of the Eyes if they be waſht with it: it cures alſo Wounds and Itch.

Fluellin

Fluellin.

FLuellin is a ſmall Herb that creeps along the ground with hairy ſtalks, and jagged hairy leaves, and grows in Sandy Valleys, and is alſo planted in Gardens.

Fluellin is hot and dry, ſod in Wine and the Wine drunk with a dram of Mithredate, is good againſt the Plague, if the party be warm covered and layd to ſweat. The diſtilled Water of Fluellin drunk cleanſeth the blood handſomely, cures Scabs and ſmall Pox and is good for Conſumptions and pain of the Breaſt.

St. Johnſwort.

ST. Johnſwort hath one round, brown, red ſtalk, with many Branches, the Leaves are ſmall and full of holes, the Flowers are yellow divided into five Leaves: It grows abundantly in high, graſſie, until'd Grounds, and is alſo planted in Gardens.

St. Johnſwort is hot and dry in the third degree; the diſtilled Water of it is good to drink againſt the Falling-ſickneſs. A Drink made of this herb and drunk, cures the third and fourth dayes Ague, cauſeth one to make Water well, cures the ſtone in the Bladder, and lameneſs. Oyle of Hypericon cures all old Wounds and Ulcers.

Eybright.

IT is a beautifull Plant with many ſtalks, the Leaves are darkiſh green, and jagged, the flowers are ſmall and white, be-ſprinkled with yellow and purple, the Root is ſmall. Eybright grows much in graſſie fields, and flowers about Hay-time, but it will not grow in Gardens.

Eybright is hot and dry. The diſtilled Water of this herb it good to waſh the Eyes with, to clear the ſight. Eybright Wine drunk ſtrengthens the Memory, and cures the yellow Jaundice.

Winter-green.

WInter-green hath nine or ten green round Leaves, and hath one ſtalk, upon which grow fair white Flowers that ſmell as *May* Flowers, and they grow abundantly in green Valleys.

Winter-green is a good Wound herb, and cures running and foul Ulcers, you may ſeeth it in Wine, and drink it, and alſo lay linnen Rags in it till they be wet, and apply them to Wounds and Fiſtula's and Burnings, and it will cure them by Gods help.

Hartſhorn.

Hartſhorn.

HArtſhorn is a ſmall herb that ſpreads over the Ground, where men go much, and the Leaves are like to Harts Horns, and hath an Eare growing upon the ſtalk.

Hartſhorn is cold and dry; this herb minced ſmall, and baked with an Egg in the Pan, and the Cakes eaten, are a principall remedy for a looſneſs of the Belly, and againſt blood-piſſing, the Gravel, and Diſtillations, and the too much abundance of Womens Courſes, and is all as one with Plantan: you may alſo dry it and keep it for Winter.

Wild Tanſey.

WIld Tanſey hath tender thin ſtalks, and the Leaves are ſmall and jagged, Aſh-coloured next the ground, and green above, the Flowers are yellow.

Wild Tanſey is dry and cold in the third degree; ſod and drunk it ſtops looſneſs, and Womens Courſes, ſcatters clotted blood, and a Gagariſme with it is good for a ſoare Mouth, and it helps running Eyes if you waſh them with it, and it cleanſeth foul Wounds.

Three leaved Graſs.

THree leaved Graſs taſts exceeding bitter, being dryed and ſod in Beer, and ſtreined, and drunk with Honey, is good againſt the Scurvy, and Flegm in the Breaſt, and againſt ſpitting of blood, and for ſuch whoſe Livers are naught: Sea-men that travell long Voyages take this herb with them.

Wood Sorrel.

WOod Sorrel hath no ſtalks, the Leaves grow up from the Root, and are almoſt like to three leaved Graſs.

Wood Sorrel is cold and dry; eaten with Oyle and Vinegar for a Salade, it is good for an ill ſtomach, for it makes a man have a good Appetite: if it be ſod to gargle in the Mouth, it cures Soares and Ulcers in the Mouth and Throat.

Houndſtongue.

THe Leaves are ſmall and long, and the Flowers are browniſh purple, it grows plentifully in ſandy Grounds.

Houndſtongue

Houndſtongue is cold and dry; the Herb and Root alſo ſod in Water, is good to waſh the Mouth with, and to gargle when the Throat is inflamed. It is a wholſome herb, and very fit to cure Wounds, and to quench the Wild-fire, if it be mingled with Barley-meal, and layd on as a Cataplaſme.

To thoſe that ſerve

TABLES:

MY good Friends, God be your good ſpeed: You underſtand that Men ought to live a ſober, righteous, and godly life in this World, for that is pleaſing to Almighty God, and ſafe and profitable for us; wherfore the Wiſe men teach us in their Skill of Phyſick, that there is hardly any better Remedy to cure almoſt all Diſeaſes, and to preſerve men in Health, than to be temperate in Meats, and Drinks, for we ſee daily before our Eyes, that ſober and temperate men live a long time luſty and ſound; and on the contrary, Gluttons that feed like Swine, are continually puniſhed with ſick-

neſs and Diſeaſes: Wherfore that you may live in Health a long time, and all may ſucceed well with you, live in Sobriety; and alſo that you may have ſomething over to relieve poor men that are the Members of Chriſt, with Meat, Drink, and Cloaths, that you may receive a Bleſsing from God here, and come hereafter to Immortality; which God of his Mercy beſtow upon us. Amen.

Here follows Kitchin *Phyſick.*

Milk.

MIlk is good to eat for ſuch as are in Conſumptions, and alſo for young Children, for Milk nouriſheth well, and makes good blood. Moreover Sheeps-Milk with Roſe-water and hard Sugar drunk warm, is good for a foul ſtomach, to make Flegm riſe, and to waſh ſoare Eyes with, to eaſe pain, and to take it away. Milk ſod to halfs, with a piece of Steil in it, is good to drink for the Looſneſs: New Milk

Milk ſod with Sage is good to gargle for the *Vvula* ſaln, and for a hot ſoare Throat.

Butter.

BUtter is a brave thing, for it ſoſtneth and doth much good, and nouriſheth more then any Oyle: Butter eaten with Bread openeth and ſoftneth the inward parts, removes and takes away pain, and is good for a cold and dry husking Cold, eaſeth the Reins, and helps the Stone, and ſoftneth and healeth all things. To uſe outwardly or inwardly, *May* Butter is the beſt, and is ſold commonly by the Apothecaries.

Cheeſe.

OLd Cheeſe eaten, is a dry hearty Fare, and is good for ſuch that have very ſtrong ſtomachs, and work hard, and are ſound and in good health; but ſick and weak people muſt eat but little of it, for it is hard of digeſtion, the younger the Cheeſe is, the eaſier it is to digeſt; Cheeſe eat after Meals, ſhuts up the ſtomach, and keeps down the Meat, and is good againſt the riſing up thereof, and hinders diſtillations

Honey:

HOney is hot and dry; white Maiden Honey lickt up, or ſod in Beer, is good to uſe againſt a Cold, and a foul ſtomach, ripeneth Flegm, openeth, cauſeth Urine, is good againſt the Stone. Honey and Water is good to gargle for a ſoare Throat; Honey eaten nouriſheth well, and ſtrengthneth the Reins of old people, makes them luſty: and ſo is Mede that is made of Honey.

Fleſh:

OXE-fleſh dryed, or ſalted; and alſo Hogs-fleſh, likewiſe Hares, Conies, Ducks, Swans, ſod, or roaſted as they ſhould be, is hearty meat, for ſound people to eat, and for ſuch as have a good ſtomach; but young Chickens are better for ſick and weak Folk, ſo is Veal, or Lamb ſod, or roaſted, and after that, cut ſmall and ſtewd with Wine, Sugar, and Currance.

Fiſh:

LIkewiſe Sea-Fiſh, Stock-fiſh, Herrings, and ſuch hard Meat, is good hearty Food for luſty

lusty people, but not for those that are weak and feeble, for River Fish is best for them; as Pearches, or Pikes sod, or fryed, and Sawce made with Butter and Vinegar, and the Juyce of an Orange, Apples, or Lemmons, which is very wholsome Dyet.

Eggs:

FResh Eggs soft, is convenient Food for the sick, and the sound can eat them well enough. Eggs but luke-warm, nor half boiled, are good for people in Consumptions, and for pains in the stomach, they are easie of digestion, and nourish well, make good blood, especially when a man drinks a good draught of Wine after them.

Salt:

IT is a Proverb, *That Salt is better then Gold*, for one may live without Gold, but not without Salt.

Salt is hot and dry in the fourth degree: Salt workt with Oyle, or being small beaten and layd in Oyle, is good at all times to smear upon the Gout, and cures Scabs and Itch. Salt keeps Fish and Flesh from stinking, and from corruption.

Vinegar

Vinegar.

VInegar is cold and dry, and is uſed in many things. To make one Vomit, take Vinegar, Salt, and Oyle, and mingle them together, and drink it warm, and then thruſt your Finger down your Throat, or a Feather. In the Peſtilentiall time men uſe Marygold Vinegar, and Elder Flower Vinegar with ſome Treacle. Vinegar drunk with Sugar, or Honey, and ſix Grains of Pepper, is a good way to get a man a ſtomack.

Water.

VWAter is one of the four Elements, and is by nature cold and moiſt; Pond Waters that ſtinck are unwholſome to boyle Victuals with, but running Waters and Well-watert that are much ſtirred, and are clear, and have no ill taſt nor ſmell, are wholſome for uſe. Cold Water is good to drink againſt inward heats, and to waſh red running Eyes, and to lay a wet linnen Rag upon the Forehead, it is alſo good to waſh and to gargle in the Mouth, and to ſnuff up ſome of it out of the hand into the Noſtrils is good for the Head that is over-hot.

The

The Force and Operation of the new-found VEGETABLES.

Mechoacan.

MEchoacan is a Stranger, and the Root is brought to us from the Indies, and formerly men had not the knowledge of it, it is found out that this Root purgeth, the whiteſt is the beſt. It is much commended for the Dropſie: take a dram of the Root, and powder it ſmall, and put it into a Cup of French-wine, and drink it, for it is good for Dropſies and thich Bellies, give ſo much to an old man, and to a Child but half ſo much.

Sarſaparilla.

SArſaparilla is well know by thoſe that have underſtanding to cure the Pox, for Sarſa and Guaicum are very good to cleanſe the blood, and to cure Scabs and Itch, and running Soares, you may ſeeth them in ſmall Beer with ſome

ſome Raiſins, with the ſtalks and foulneſs taken from them. This Drink is good for all people that are pocky, or ſcabby, or mangy, or have running Ulcers: you may take of each a like quantity, or elſe uſe them ſeverally.

Tobacco.

THis Plant is brought commonly from the *Weſt-Indies* to us: It is uſed ſeverall ways, ſome lay a Leaf of it in ſteep in half a Pint of Wine all Night, and the next day they drink the Wine off, and this rids a great deal of flegm and foulneſs from the body. Others take it in a Pipe, by burning it to ſmoak, and ſometimes they will puff out the ſmoak by their Noſtrils; and men ſay, that this is good for many Diſeaſes, for this will draw forth a great quantity of watriſh humours and tough flegm, as dayly experience teacheth us.

To underſtand what is meant by degrees of Heat or Cold, &c.

YOU muſt underſtand it thus, As when men ſeeth Water, warm is the firſt degree, heat the ſecond degree, hotter yet, the third degree, and ſeething hot is the fourth degree. So again,

again, Pond-water is cold in the firſt degree, Well-water is cold in the ſecond degree, Snow-water is cold in the third degree, and Ice is cold in the fourth degree.

Of going a Simpling.

TO go to gather Herbs, and to find out Simples; you muſt take the Flowers, Fruit, Seed, Roots, and Plants, of the ſeaſon of them all, and uſe each of them according, as is convenient. About Lent, or before Summer men gather the Roots, as Elecampane Roots, Saxifrage, Eringo's, *&c.* You muſt waſh them clean, and either preſerve them, or hang them up to dry, and as for the Flowers, you muſt pull them when they are handſomly blown, and the Weather is fair, to make Conſerves, or to candy them with Sugar; as Violets, Roſes, *&c.* To diſtill Herbs you muſt gather them in *May*, as Mugwort, Balm, Plantan, for then are they ful of Sap, and the ſtrength is in them. In Summer you muſt gather herbs to keep dry, to uſe in Winter when occaſion is. In Harveſt time Seeds are gathered, as wild Carrot Seed, Parſley Seed, Fennel Seed, and Roots alſo; as Marſh-mallow Roots, and theſe are layd up for uſe at ſuch times as theſe things cannot be found elſewhere.

Loving

Loving Reader, with theſe I bid you farewell, and deſire you to thank our Lord God, who hath vouchſafed unto us the uſe of his Creatures in this time of Grace, and lead your Life ſo that you may for ever live hereafter with the Maker of all theſe things; and pray for me, that have taken pains to further you herein.

The End.

Here

Here follows a Book of

RECEIPTS:

SHewing how with ſmall Coſt, and eaſie Remedies to be had; a man may cure all ſorts of Diſeaſes and Maladies, and this is uſefull and profitable for every man; but eſpecially for the Poor, and for ſuch who are willing to ſhew Mercy to them, and to heale and help miſerable and diſtreſſed Men.

THE

THE EPISTLE TO THE READER.

COurteous Reader, may you prosper in the name of God. Since that we are all Brothers and Sisters, sprung from Adam and Eve our first Parents, and ought to help and do good to one another, for we are all miserable Creatures, and subject to all Infirmities and Diseases: It is requisite and necessary that in Brotherly love and naturall affection, each man should assist another that is in need or necessity, and when men are sick and diseased, others should stand by them and comfort them, not only with fair words, but with what they stand in need of. In consideration of this, I thought good to set forth this smal Book of remedies for the common good, but

but chiefly for the Poor and Needy, how they may with the leaſt coſt and charge procure ſuch remedies as they want to cure them. And our Lord and Saviour Jeſus Chriſt hath left us an Example, for he cured all ſorts of Maladies and Diſeaſes amongſt the people, and he hath promiſed to reward the Works of Mercy, done in Charity, with everlaſting life: Wherefore we muſt not be aſhamed, nor think much to do all ſuch Works as Chriſt hath commanded us, and for which we have his own Example, and which ſhall be ſo abundantly rewarded with temporall Bleſsings on Earth, and Eternall Joyes in Heaven.

TO CURE
Scald Heads.

TAke Clivers, ſeeth them in Water, and waſh the Head therewith, then take Birthwort, and Bay-berries, and powder them, and ſeeth them in freſh *May* Butter, with ſome Oyle of Olives, and ſome Vinegar, in a Pot unglaſed, then take Powder of Brimſtone, ſtir them all well together, and annoynt the Head with this Unguent. Or rub it over with new grownd Muſtard, and by Gods help it will be ſoon well.

To drive away Lice.

TAke Staveſacre, and powder it, mingle it with Oyle, and put ſome Quickſilver to it, and ſmeer this on, it driveth the Lice from the head, and from all parts of the Body, and cures all Scabs and Mange, and ſtayes Itching.

Alſo Staveſacre ſteept in Vinegar, and the Cloaths wet with it, makes the Lice to creep away.

To cure pain of the Head that comes of Cold.

SEeth Roſemary in Beer a quarter of an hour, then take the Roſemary out, and put in ſome Mace, Sugar, Butter, and a little Rye-meal, eat of this alwaies warm, and it will do much good. Alſo take Sage and Betony, lay them in Wine and drink it off. Or elſe the Conſerve of Roſemary Flowers taken inwardly, or elſe of Betony, the quantity of a Cheſtnut with ſome powdred Cinamon and Nutmeg. Alſo ſet your Feet in Water where Chamomil and Salt are ſod, and this draws pain from the head. Marjoram rubbed and ſmelt to, or elſe Majoram Water ſnuft up into the Noſe, out of the hollow of ones hand, takes off the pain. As there needs purging, the Party muſt take to Bed-wards one dram, or take in the Morning a dram of the Powder of Sena, with ſome warm butterd Beer and Sugar.

To cure the Palſey.

THey that have this Diſeaſe muſt uſe many Herbs, and Nutmegs alſo, and muſt take heed of cold and moiſture, and not to ſleep much in the day-time, they muſt keep their heads warm, and muſt rub their Heads and

Necks, and annoynt their Pulſes, Hands, and Feet with Spike Oyle, and Oyle of Foxes, and ſtrong Aqua vitæ, and a warm linnen Cloath muſt be kept about the Neck, and it muſt be annoynted with the ſaid Oyle. Alſo take Sage, Betony, Hyſop, and Roſemary of each a handfull, ſeeth them in ſmall Beer, untill a third part be waſted, ſtrein it, and mingle it with Honey, drink daily of it, and drink Lavender Water alſo, and mingle it with your Drink. Once a Week at Night after Super, take Head Pills to purge with. Alſo you ſhall cauſe ſneizing with Marjoram in Powder, Muſtard and Ginger, all mingled with Honey and put into the Noſtrils. Alſo Treacle is good to uſe for this Diſeaſe.

To cure paine of the Head coming of Heat.

TAke Roſewater, and a little Roſe Vinegar, ſmell to it, and draw ſome of it up the Noſtrills, and the pain will ſoon leave you; alſo you may ſmell to Camfer. Alſo annoynt the place where the pain is, with Unguent of Roſes, and take Roſewater, Roſe Vinegar, and Roſe Oyle, and mingle them, and wet a linnen Cloath in them, and lay it double to the Forehead and bind it on, and as it dryeth wet it again.

To

To purge take Diaprunis half an ounce with warm Bee, Butter, and Sugar.

For the Palſie of the Tongue.

WHen the Tongue is taken with the Palſie, the ſick can hardly ſpeak; in this caſe the Tongue muſt be rubbed with a little Treacle and ſome Lavender Water, and take ſome Powder of Nutmegs in the Mouth, mingled with Conſerve of Roſes, and to ſet Cupping-glaſſes to the Neck.

To cure the lightneſs of the Head, and to ſtrengthen the Senſes.

THey that have their Memory ſpoyled, ſhall drink Balm Wine, or Wine where *Cardus Benedictus* hath been ſteeped, for this ſtrengthens the Memory much, and men muſt live merrily, driving from them all ill Fancies and melancholy thoughts.

Let them purge with Diacatholicon half an ounce, Senna in Powder one Scruple, mingled in Fumitary Water, and drunk hot in the morning. They muſt forbeare to eat hard Meats, and ſuch as breed groſs blood, as Salt, Fleſh, Cheeſe, Milk, they muſt be temperate in Meats

and Drinks, and live cheerfully. They muſt waſh their Face, their Hands, and their Feet, and walk in pleaſant places, with good Company.

To cure the Swiming of the Head.

HE that hath the Vertigo, muſt not look upon things that wind and turn round about.

Let him take a Purge of Diaprunis and Diacatholicon, of each half an ounce, and drink it warm with Beer and Sugar. He ſhall Vomit alſo with Water and Oyle, and thruſt his Finger down his Throat after it. He ſhall cut a Beet Root, and thruſt it into his Noſtrills to purge the Head: after Meat let him take a piece of a preſerved Quince, or a Cruſt of Bread to ſhut up the ſtomach againſt the fumes that riſe to the Head.

To cure the Frenſie.

FRenſie is a madneſs of the Head, with a ſtrong Feaver coming from over heating of the blood.

In this caſe men muſt be purged with Diacatholicon and Diaprunis, each halfe an ounce, mingled

mingled with Barley Water. Alſo you muſt bind a double linnen Cloath over the Forehead, wet in Roſewater and Oyle of Roſes. At Night you muſt give him ſome thing to ſleep, as Syrup of Poppeys one ounce, to drink in warm Beer, and annoint his Noſtrils, the Temples of the Head, and the Pulſes with Oyle of Poppeys. All his Meat and Drink muſt be cooling.

Of the Night Mare.

THoſe that are troubled with this Infirmity, ſhall commit themſelves to Gods tuition, and eat ſoberly at Night, and ſhall uſe to ſleep upon their ſides, with their heads lying high.

Let them purge with Diaphœnicon and Diacatholicon, each half an ounce, and drink them with Fumitary and Betony Water, each two ounces. They muſt Vomit with Radiſh Water, Oyle, Vinegar, and Honey, thruſting the finger in the Throat to Vomit. They ſhall alſo let blood in the head Vein.

To cure the Falling-ſickneſs.

HE that is ſick of this Diſeaſe, ſhall ſleep moſt ſitting to hinder the riſing of Vapors to the head. Let him make him a Drink of

Hyſop, Sage, and Betony, each one handfull, ſod in a Pottle of Beer, with half an ounce of Anniſeed, Liccoriſh one ounce, Raiſins cleanſed half a quarter of a pound, ſtrein them, and drink this with Honey, half a quartern, Syrup of Hyſop one ounce, Vinegar two Spoonfuls.

Let him be purged with Diaſ. hænicon half an Ounce. Agarick in Troches, half a dram, let him drink this in a draught of the foreſaid Drink. He muſt Kem his head againſt the hair, and he muſt often take one dram of Treacle in butterd Beer. Let him ſnieze with Nutmegs, Cloves and Pepper, of each a little beaten ſmal, and ſnifted up into the Noſtrils.

To cure the Apoplex.

IN this Diſeaſe a man muſt kem his head well, and rub his Neck, and ſtrike it downwards with Oyle of Spike. To ſnieze, he muſt take white Hellebour, Muſtard Seed, Pellitory of *Spain*, of each a little in Powder, this muſt be blown into the Noſtrils with a Quill. His Drink muſt be Sage and Roſemary, each one handfull boyled in Beer and ſtreined, this he muſt drink with Honey and Nutmeg. To Vomit, let him take Radiſhes and Figgs cut in pieces, and ſod in Water and ſtreined, then put in Honey, Oyle, and Vinegar, and you muſt help to cauſe Vomit with a Feather thruſt down his Throat, that is firſt dipt in Oyle.

To

To cure Catarrhs and Diſtillations of Rheum.

HE that is ſick of this ſhall eat a very eaſie Supper, and feed on new Eggs, and avoid Vinegar and Smoak. He muſt make him a Drink of Barley and Liccoris, and being ſtreined, he muſt mingle it with Honey of Roſes. He ſhall purge with Head Pills one dram, Diacatholicon half an ounce, and mingled with a little Powder of Senna, and ſo drink it in warm Beer. Let him ſneeze with Marjoram, Gith, Nutmeg, of each one Scruple, powder theſe and ſniff them up into the Noſtrils. He muſt have a Bag upon his Head with Roſes, Chamomil, Bay Leaves, of each one handfull, Nutmeg, and Cloves, of each one dram beaten all to powder.

To cure Deafneſs.

THe way to cure Deafneſs, is to take Betony, Hyſop, and Marjoram, of each one handfull, and to ſeeth them in ſmall Beer, and to ſtrein it, and drink it with Honey, and a ſpoonfull or two of Vinegar, and to drink of this for four or five daies. Alſo purge with Diaphænicon and Diacatholicon, of each halfe an

an ounce, drink this with a draught of warme Beer. Put Cotten into the Eare, wet in Oyle of bitter Almonds. Make a Gargariſme of Water with Muſtard, and a little Vinegar.

To ſtop bleeding of the Noſe.

YOU ſhall caſt cold Water upon his Face that bleeds, and let him Gargle cold Water in his Mouth. Take alſo Roſe Vinegar and wet a double linnen Cloath in it, and bind it upon the Patients Forehead, and lay it alſo upon his Neck.

To cure ſoare Eyes.

WHen the Eyes are red, and ſmart, and run, you muſt take the White of an Egg, and beat it all to white froath, then let it ſtand, and there will come cleer Water from it, mingle that Water with Womans Milk, and drop it often into the Eyes. Waſh the Eyes alſo with lukewarm ſmall Beer. For dimneſs of ſight, take Rue, ſmell to it and eat it, and alſo Eybright with your Meats. As the Eyes are thick and dark, drop in the Juice of Celandine, or take ſome Powder of Loaf Sugar, and waſh the Eyes therewith.

To

To cure a ſtinking Breath.

WAſh your Mouth with good old Wine, and if the Gums bleed, take a little Powder of Verdigreaſe and rub them therewith and waſh it off again with clean rain Water, but you muſt take heed that you ſwallow it not down.

For the Toothache.

FOR the Toothache, ſeeth Pillitary of *Spain*, and Hyſop in Vinegar, and waſh the Teeth with it. Or take a handfull of Barley, and half a quarter of Figgs cut in pieces, and a handfull of Mulberry Leaves, ſeeth them well together, and put a little Vinegar to it.

For a ſore Throat.

ANnoynt the Throat on the outſide with Oyle of Chamomil and ſweet Almonds, and bind a linnen Cloath over it; alſo make a Gargariſme of Chamomil Water, Plantan Water, and Syrup of Mulberies, or make a Gargariſme of Water, Honey and Vinegar boyled together.

For

For a Cough and pain of the Breaſt.

TAke Liccoris and ſcrape it, and beat it flat, two ounces, Annis and Fennel Seed halfe an ounce, Figgs eight or nine cut in pieces, ſeeth all theſe together in ſweet Wine, ſtrein it and mingle it with Honey or Sugar, and drink it all off.

Annoynt the Breaſt outwardly with Oyle of bitter Almonds, and let ſome Sugar Pellets often melt in your Mouth.

For an ill Stomach.

WOrmwood Wine is good to drink for an ill ſtomach, or to eat Pepper with Meat: alſo Wine Vinegar doth provoke the Appetite, and Capers are good eaten with Vinegar, or to drink a little ſtrong Water. They that are troubled with Vomiting, ſhall uſe *Spaniſh* Wine, and eat a piece of Marmalade of Quinces, and drink Wine of Pomgranates.

For Conſumptions.

SUch as are deep in Conſumptions, ſpit bloody Matter that ſtinks, wherefore take Barley

Barley, ſeeth it in Water untill it ſplit, then ſtrein it, and drink it with Sugar or Honey of Roſes, and this is good for ſuch as are in Conſumptions.

For an ill Liver.

HE whoſe Liver is ſick and ſtopt, muſt uſe Syrup of Wormwood, and for a hot Liver take Syrup of Violets, or of Roſes.

For the yellow Jaundice.

YOU muſt purge the Patient thus; Take the Flowers of Violets and Bugloſs, of each a good quantity, ſeeth them in Sheeps-Milk Whey, ſtrein it, and put in one ounce of Caſſia fiſtula, and let him drink it off. It is alſo excellent good to provoke Vomit after this manner; ſeeth Barley and Radiſhes together in Water. Strein them and put in Oyle, Vinegar, and Butter, and let him drink it lukewarm, then let him thruſt down his finger to provoke Vomit.

To cure the Wind Cholick.

THis is an intollerable paine that comes from Winds gathered and ſhut up in the Guts.

You muſt purge ſuch Patients with half an ounce of Diaphænicon drunk in hot Beer with Butter and Sugar.

You may alſo ſeeth Chamomil in Wine, or Beer, and ſtrein it and drink it with a little Anniſeed. Take Anniſeed, Fennel Seed, Lovage Seed, Cinnamon, of each a little, powder it, and eat thereof.

Oyle of Chamomil outwardly annoynted on the part where the pain lyeth, doth great good. Alſo Salt, Bran, and Chamomil, of each one handfull, made hot in a new Pan, and layd between two Clouts, and applyed to the pained place, will do the Deed by Gods help.

For Worms.

RAyſins of the Sun eaten kills the Worms, and ſo doth Colewort Seed taken inwardly, ſo doth the Raſping of Hearts Horne drunk one dram: Oyle of Wormwood and of bitter Almonds annoynted upon the Stomach and Belly, kill the Worms.

For

For a Scouring.

SEeth new Milk to half, drink it off hot, and keep your ſelf warm and quiet. Nutmeg in powder and baked in an Egg, is good againſt a Looſneſs.

To cure the Itch.

PUrge with Senna Leaves, boyled in Whey with a little Anniſeed, and Rayſins, and it muſt be drunk warm.

Make an Unguent alſo of Bay Berries and Birthwort powdred with ſome Brimſtone, and mingle theſe with the fat of ſmokie Bacon, with this Annoynt the Scabs and Itch, and in all the bendings of the Joynts.

To cure the Dropſie.

HE that is ſick of this Diſeaſe, muſt eat but little, and drink leſs, he muſt not long ſtand to work, nor ſleep by day, and he muſt avoid much moiſture. He muſt make him a powder to eat of Barley-bread. Take Cinnamon, Ginger, Broom Seed, Bay Berries, Anniſeed, Liccoris, all

all beaten ſmall, eat or drink this often with French Wine.

To cure the Stone.

TAke the Jaw-bones of Pikes, one dram in Powder, drink this in Wine, and annoynt the Loynes and Bladder with Oyle of Chamomil. Alſo take Anniſeed, Fenel Seed, Parſley, and Broom Seed, wild Carrot Seed, Smallage Seed, and Liccoris, all beat ſmall to Powder, eat of this with butterd Beer and Bread.

Cure for the Feaver and Peſtilence.

LET the Patient drink a dram of *Venice* Treacle, with Vinegar of Marigold Flowers, and he ſhall lye covered warm, and ſweat, this is alſo a good remedy for the Plague.

Againſt the Plague.

FIrſt when there comes any danger, and you fear that you have taken the Plague, make your Water preſently, and taſt if it be yet brackiſh

brackiſh in the middle, if it be, you are not infected, but if it taſt ſweetiſh, or hath no taſt, this is an ill ſign; wherefore preſently uſe theſe remedies following.

If you drink your own Water Morning and Evening, the middle part is the beſt, to keep a man free from the Plague, who is not yet infected with it.

Secondly, Keep in your Houſe the Oyle of Juniper, that is of an ineſtimable price, for this is ſo unſpeakably good againſt the Plague, that all that keep it and drink of it, are preſerved by it, though they go into houſes ſuſpected, and viſite the ſick. Such as go to viſit the Infected, ſhall take Mithredate that is right, and not falſified, in the Morning, ſo much as a Bean in quantity, with a little of the beſt and oldeſt Wine Vinegar diſtilled from Marygold Flowers, and when they go to the ſick, they ſhall rub a little Mithredate upon their own Noſtrils and Lips, and hold in their hands a Handkirchief wet with Vinegar: and thus by Gods aſſiſtance they ſhall be defended from danger.

Alſo Juniper Water drunk in the Morning, keeps a man well from corrupt Ayre, or as much Mithredate as a Bean taken in the Morning, with Juniper Water about a ſpoonfull.

A very ſtrong Antidote in Peſtilentiall times.

VEnice Treacle and Mithredate mingled, of each a like quantity, uſed every Morning, ſo great as a Bean, and a little Wormwood Water drunk after, it will preſerve a man, though he go from one Peſthouſe to another where the Plague is.

And further to be ſafe from the ſaid Diſeaſe; you ſhall every Morning burn in your houſe half a Quarter of an ounce of good Frankinſence, and do that in three or foure different places and Chambers of the houſe. Alſo let no man faſt too long, nor go abroad too early in the Morning, eſpecially in rainy, and lowring, and cloudy Weather; never go forth before the Sun be up, nor ſtay abroad till the Sun be down. Let no man work too hard, nor uſe much Venery, nor be over angry. Let men keep their houſes well from corrupt Ayres and ill Vapours, by burning of Frankinſence Morning and Evening in them, and in the day time ſtrewing and ſprinkling of freſh Water, and upon the Flowers, caſting all about Willow and Vine Leaves, if you can get them.

Here

Here follows a good Drink to preſerve a man from the Plague.

TAke Sage Leaves, Elder Leaves, and Broom Leaves, of each a like, ſeeth them in good cleer Rheniſh Wine, wherein you muſt put Powder of Ginger, drink a good draught of this before you go abroad.

Alſo if you go into an infected houſe, have a Sponge in your hand dipt in Wine Vinegar, diſtilled from Marygold Flowers: or rub and waſh your face in the Morning with a Clout dipt in Vinegar, and rub your Noſtrils and Lips with upright Mithredate, and ſo commit your Soul and Body to the keeping of God Almighty, who is the great Phyſitian, and who only can preſerve you.

Here is alſo an excellent Antidote againſt infectious Ayre.

TAke Poly and Rue, Elder Leaves, and red Mugwort, of theſe four, of each a good handfull, ſtamp them well in a Mortar, but take heed that no Lead be beaten in it, when the Herbs are ſtampt ſmall, poure on a Pottle of good Wine Vinegar, ſtamp them a little together more, then ſtrein them through a linnen

Cloath into a clean Glaſs, and drink every Morning half a Wine Pint.

Here follows a wonderfull rare Drink againſt the Plague, wherewith formerly more then foure thouſand people were preſerved in the City of Cullen.

So ſoon as you feel that you are infected, take preſently before you fall aſleep, Celandine with the Leaves and Flowers, and Rue, of each a good handfull, poure on a Pottle of the beſt Rheniſh Wine-vinegar, and ſeeth this to half with the Herbs, then ſtrein it through a Clout into a Glaſs, the Patient ſhall drink in all haſt a Pint of this, and ſit by a good fire of Oken Wood, that he may ſweat and keep himſelf from ſleeping.

Remedies againſt the ſame Diſeaſe.

But ſuppoſe it be Gods will to bring you under his Rod, and to viſit you with the Plague, you muſt not be dejected at it, nor quite caſt down; but think and truſt that our good God

God that puniſheth us, can heal us again.

Wherefore when you fear that you are infected, take a dram of burnt Salt, ſo long calcined upon a Fire-ſhovel, that it will crack no more, put this to a dram of *Venice* Treacle, put this into a ſpoonfull of River-water, and drink it cold, and it ſhall ſcatter the blood.

Would any perſwade you to let means alone, do not hearken to ſuch, but adviſe if you can with ſome skilfull Phyſitian.

But becauſe the foreſaid Drink is very ſtrong to take in, and far worſe to keep it in, ſo ſoon as it is down, hold it in as long as you can poſſible.

Alſo when you have drunk this Drink, or before you drink it, which you pleaſe, make an Iſſue.

When you have drunk it, and made your Iſſue, take heed you ſleep not, untill ſuch time as you ſee your Iſſue run and is fair.

Here is alſo joyned a certain Remedy, wherewith innumerable people have been preſerved.

TAke one ounce of *Venice* Treacle, halfe an ounce of good Mithridate, two drams of Electuary *De ovo*, *Species liberantis* one dram, Tormentil, Dittany, Bolearmeniac, of each one

Scruple; ſtamp the Roots and the Bole well, and mingle them together with the Juice of Lemmons, keep this ſafe, and uſe it at your need.

When you find your ſelf ill, take of the foreſaid Compoſition the weight of half a dram, and drink it in Wine or good Beer, and ſtay by a good fire of Oke to ſweat, after that go to Bed and cover you warm, do this again once in five or ſix hours, and by Gods Grace this ſhall preſerve you.

How to make an Iſſue ſuddenly.

TAke a Chyrurgeons Nippers, or ſome Inſtrument to lift up the Skin with, and cut that off with a pair of Sheers, as broad as a penny, lay upon the place black Hellebour Root, and a Colewort Leaf over it, the ribby ſide next to it, and bind it on.

If the Iſſue run not, then lay on the Plaſter, called the drawing Plaſter. Take black Hellebour Leaves ſtampt ſmall, a good quantity, put thereto black Soap four ounces, unſalted Butter ſix ounces, mingle theſe to a Plaſter, and uſe it as here followeth.

Take this foreſaid Plaſter, and ſpread it on a Colewort Leaſe on the Rib-ſide, and lay that upon the Iſſue, with the Root of black Hellebour under it, bind this on, and renew it twice a day untill ſuch time as the Fire or Core is

ſaln

ſaln forth, and after that uſe the beſt means to heal it up again.

To make an Iſſue without pain, in longer time.

TAke Crowfoot Leaves, rub them and bruiſe them with your hands, untill the Juice come forth, fill a Nutſhell ſo full with this bruiſed Herb, ſo faſt thruſt in, that it may touch your Skin when you lay it on. This ſhall make a Bliſter in twelve hours time. Cut off the top of that, and lay on black Hellebour, as you were ſhewed before.

As you dreſs the Iſſue, who ever he be that doth it, muſt bind a linnen Cloath before his Mouth, and the Patient muſt likewiſe have a Cloath bound before his Mouth and Noſtrills, that he may not ſmell it, for it is a foul ſtink, and very infectious. So ſoon as any of your Family is infected, it is requiſite that every one make an Iſſue, if there be danger, this will do good; if there be no danger, the Iſſue will do you no hurt.

To diſcern the Plague from a Boile.

Take notice that a Boile hath a white Head, or Puſh, and a Plague-ſoare hath a blew colour, that is broader at the top then at the bottome.

Another Experiment.

As there is no blew on the top of it, ſo take the young Sprigs of white Briony, Rue, Elder, and white Muſtard Seed, ſtamp all theſe together like a Salve, ſpread it upon a linnen cloath and lay it on the Swelling: If it be the Plague, it will be very blew on the top, then take off the Skin, and apply black Hellebour Root to the place, and the drawing Plaſter over it.

Another Experiment.

YOU muſt know and mark exactly, that upon the Temples, the Plague Soure is long, and hath a ſharp ſmall top, under the Cheek-bones it is almoſt of the ſame faſhion, but under the Arm-pits it is ſomething rounder, upon the Arms, Legs, and other parts, it is as round as a Boile. When you have a Plague Soare, and it is blew on the top, you muſt not make an Iſſue, but take a little Pot-aſhes, and ſome Weed-aſhes, and Spaniſh Soap, and a handfull of Sage, ſtamp all this to a Salve, and of this ſpread a ſmall Plaſter, as big as will cover the Swelling, and this will open the Soare, and the Coare ſhall fall out.

This foreſaid Salve is excellent, and is called burning Salve, but if you ſee no Carbuncle on the top, you muſt not uſe this Salve, but you ſhall make an Iſſue in a fit place to draw the fiery heat out.

To

To understand whether it goeth well with you, or not.

When you dress your Issue the third or fourth time, mark well whether it be red round about, or not, if it be so, that is a good signe, and the fire is drawn thither, but if the Issue look white round about, this is a sign of death, then use your drawing Plasters as soon as you can.

As the Plague-soare is in your Mouths, take a great piece of black Soap, with two or three Colewort Leaves mingled together, and apply this to the Neck, and it shall draw it forth.

Also if the Carbuncle were neer you heart, and the fire will not follow the Issue, nor yet stir, take a young Chicken alive, and put the head of it in your Mouth, with the Beak of it next to your Throat, and it will draw forth the fire unto it self. But if you can get no Chickens, bind the Patients head all over with black Soap, and if the Patient cannot go to Stool, then seeth a quarter of Damask Pruins in Beer, and when they have sod awhile, put in two drams of Senna Leaves, let it seeth once more a little, let the Patient drink half a Glass of this, and he shall find ease.

Of

Of letting Blood.

LET no Children blood that are under fourteen years old, but when they are infected, give them upright *Venice* Treacle, with Sorrel Water, and lay upon the Soare *Venice* Treacle and Muſtard Seed, and an houre after lay on Rue mingled with Wine-vinegar, and let them not ſleep, untill you ſee things go well. Let them eat no Fruits of Trees, for they are then as bad as poyſon, except Walnuts for thoſe they may eat.

If the Iſſues cauſe the Patients Sinews to ſhrink, take Oyle of Earth-worms, and annoynt the parts well, before a good fire of Oken Wood, and this, God willing, ſhall mend it.

Remember to bury all foul infected Cloaths under Ground, and do not caſt them into Privies.

Remedies for the Plague.

IN Peſtilentiall times when the Plague ſpreads, bethink your ſelves, that God is angry with us for our ſins, and doth Plague us for them, for our unbelief, and wicked Lives: wherefore I adviſe every man to forſake his ſins, to amend his life, and to ſeek to be in that

ſtate

ſtate of Grace that he deſireth to dye in; doing like good Pilots, who before they ſet forth, provide againſt ſtorms, that when need is, they may be able to help themſelves, for elſe they would be to ſeek in time of danger. To day for me; To Morrow for thee: againſt death there is no skill, each man muſt live, as dye he will; for what you ſee to day befall your Neighbours Friends or Servants, the ſame may happen to you the next day following: wherefore let me counſell you, repent and and amend your ſinfull life, and call upon our Lord God for mercy, and make you ready with the five wiſe Virgins that you may go in with the Bride to everlaſting Glory, for the fooliſh ſhall be ſhut out into everlaſting damnation. To take heed in time, you muſt obſerve, that there are many burning Feavers in moſt places, in Peſtilentiall times, many have Plague-ſoares, Children are much troubled with Worms, and men dye ſuddenly. For an Antidote, Take Walnuts, Rue, and Figs, of each a quantity, put a little Salt to them, eat of that a little, and drink now and then a ſpoonfull of Marygold, or good Wine-vinegar, and dip a Rag therein to ſmell to, and three or four times a day rub the Temples, and Pulſes, and Noſtrils with it. Alſo a piece of Bread and Butter, and a branch of Rue eaten is a good preſervative by Gods help againſt the Plague: Children may take ſome Vinegar and Sugar, and that is alſo good for the Worms; let men uſe much ſoure things, for they are good in ſuch times, alſo keep out

of

of the place where the Plague is, come not much in Company, and avoid all ſtinks and foule Corruption. He that is infected muſt pray to God for mercy, and do the beſt he can to recover his health: He ſhall take good ſtale Beer, and put a good peice of Butter into it, and ſet it upon the fire, and put in a dram of good *Venice* Treacle, and drink this warm off, and ſtrive to ſweat, as working, or walking in his Chamber, or coming to a great fire of Oken Wood, or covering himſelf very hot to ſweat, for this drives forth the Plague, but as he loves his life, he muſt not ſleep all that while, and he muſt bind under his Feet ſalt, Radiſhes, Crums of Rye bread, and Soap ſtampt together, and bind it on with Colewort Leaves, to draw the fire from the heart, he muſt take a ſtrong Purge, and take a Vomit, and bleed, and ſo ſoon as any Plague-ſoare appears, be it Boile or Puſh, he ſhall lay on Barley-meal ſod to Pap, with Figs cut in pieces, and a Lillie Root with the Leaves, a Cole-wort Leaf beaten ſmall, and a piece of Butter put to all: and thus he muſt wait for the bleſſing of Jeſus Chriſt. Alſo he may drink a good draught of *Carduus benedictus* Water, or of Marygold Vinegar, or ſwallow the Yelk of an Egg, with a dram of *Venice* Treacle, to ſweat, which is the beſt way to drive out the Plague.

Approved

Approved Remedy againſt the Palſie.

TAke a little Cup of good ſtrong Water, as much of Sage Water, as much of Hyſop, and as much of Lovage Water, a Pint of Lavender Water, put into theſe a handfull of green Lavender, Hyſop, green Sage, and Lovage Leaves, of each as much. But if it be in Winter, when no Lovage Leaves can be had, then take half a handfull of the Roots, and cut them ſmall; put all theſe into a new ſtone Pot, and ſtop it cloſe, and when you need poure forth a ſmall meaſure, and give the Patient a ſpoonfull at a time, and lay him againſt a fire of Oken Wood; and if it be in his head, then lay his head againſt the fire, and bathe it with the ſaid Liquor, but if it be but upon one ſide, then bathe that only all over, but if all the head be ill, then bathe all the head with the ſaid Liquor, from the top downwards hard, and ſo low as the Neck, and all along the Back-bone; but if one ſide be quite lame, then you muſt rub luſtily from the Crown of the Head to the Fingers-ends, and you muſt rub with this Liquor each Finger and each Toe by it ſelf, and all the Leg-bone and Arm, after this put the Patient to Bed, make him ſweat, and give him ſomething to eat. Alſo take three Piony Roots, and nine Grains of white Muſtard Seed powdred together, and give the Patient now and then a little in a ſpoonfull of the foreſaid

Liquor

Liquor, and take Borrage-root and Elecampane-root, and ſeeth them, and waſh the Mouth with the Decoction, and ſcrape the Tongue, and keep the Mouth clean.

Remedy for a Conſumption.

TAke a new Hen-egg, roaſt it untill it be lukewarm, then take the broad Mace unbeaten, and cut it in ſmall pieces, take as much Saffran beaten ſmall with Sugar-candy, as much as a ſmall Nut, mingle all theſe with the Egg, and eat all with a piece of White-bread, and drink three ſpoonfuls of the beſt Baſtart after it, this by Gods aſſiſtance ſhall cure and preſerve one if it be duly uſed.

To cure the Cramp.

THe Cramp is a Convulſion of the Sinews, and this comes with great pain, and ariſeth ordinarily from too much eating and drinking, from Idleneſs, or from Flegm. He that needs it muſt be let blood, and purge with halfe an ounce of Diaphœnicon, drunk in a Cup of warm butterd Beer; you muſt with a warme hand, or Cloath rub the part, and the Head, Neck, Back-bone, and the Legs downwards: He may alſo take a dram of Treacle in Beer and Sugar,

Sugar, and annoynt the affected part with Oyle of *Peter*. To cure him, take Pepper powdred, and Nutmeg, and Marjoram, and let him draw it out of his hand into his Noſtrils. Conſerve of Roſemary Flowers alſo is very good.

To cure Vomiting of Blood.

BLood-ſpitting comes from great heat of blood, whereby ſome Veins break, or ſome Vein is broke by ſome other means. For this Diſeaſe, take Syrup of Quinces with Plantan Water, and eat ſometimes a little Marmalade of Quinces, and drink ſome red Wine after it, you may outwardly annoint the Breaſt with Oyle of Quinces.

To cure the Pleureſie.

THe Pleureſie is an Impoſtume by the ſhort Ribs, that cauſeth intollerable paine and pricking, as if it were with a Bodkin, ſo that a man can hardly take his Breath, having a burning Feaver and a dry Cough. The firſt thing is to be let blood, and to purge; Take a quarter of a pound of Prüns, bruiſe them, an ounce of French-barley, half an ounce of Liccoris ſcrapt, and beaten flat, ſeeth theſe well together in ſmal Beer, ſtrein it, put in half an ounce of Diaprunis, drink this off, and walk to make it work the better, annoynt the outſide where the pain is, with Oyle of Chamomil, and drink ſmall Beer mingled with Syrup of Liccoris, and pray unto Jeſus Chriſt who is the chief Phyſitian to make you whole.

To

To cure pain of the Heart.

PAin of the Heart comes of too great sorrow and care, and from much watching and feare, and working beyond a mans strength. To cure this, rub the Head and Neck downwards, and drink now and then a good draught of Wine, and eat a new Egg with Cinnamon, and use to sing with good godly people, drink a little Cinnamon Water, do but this, and all shall go well, if God please.

To cure a Cholerick Flux.

THis Cholerick Flux is, when a man is constrained to Vomit, and to Purge, proceeding most from the over-flowing of the Gall. He that hath this Disease shall annoynt his Stomach with Oyle of Mace, and of Quinces, and shall drink Wormwood Wine, and eat now and then a piece of a preserved Quince, and shall also use Syrup of Pomgranates, and shall keep himself warm, and weare a Stomacher of Fur.

To

To cure the pain of the Spleen.

THis Diſeaſe comes from groſs foul blood, and poyſonous Vapours, which ſwell the Spleen and make it great, the Gums grow black and hollow, and ſtinking. Take a Purge with Rayſins, and Pruins together, a quarter of a pound, let them ſeeth well, then put in half an ounce of Sena Leaves to ſteep in, it being hot, ſtrein all, ſweeten it with Sugar, and drink it off, eat good meat that is of eaſie digeſtion, and rub the Spleen with Unguent Dialthæa, with your warm hand.

To cure the Emrods.

THe Piles come from too great abundance of melancholy blood gathered in the Veins of the Fundament, and ſometimes they appear, and ſometimes they do not, ſometimes they bleed much, which is good if it laſt not too long, for nature ſeeks to help her ſelf. As the Piles bleed too much, and do not ſtop of themſelves, then ſeeth Sumach in Beer, and bathe the part therewith before a good fire. The Leaves of an Oke, and the Acorns ſod in the ſame manner, are very good for this purpoſe. But when they are painfull and come not to bleed, take Linſeed Oyle, the Yelk of an Egg, fine Meal, upon ſome Flax; Plantan Water with Syrup of Quinces, is good to drink againſt bleeding of the Emrods.

To cure Women that have their Courſes ſtopt.

TAke a good Purge, Diacatholicon one ounce, drink it in warm Beer with Sugar; alſo boyl Mugwort in Beer, and mingle it with Syrup of Mugwort, drink it off, and make a Bath of Mugwort, Chamomil, and Featherfew, ſeeth them in water and waſh your Feet therein, and keep your Body warm, and follow your Work.

To cure the too great abundance of Womens Courſes.

LEt the Patient drink Syrup of Pomgranates with Plantan Water, and in all her drink put Syrup of Quinces, and drink now and then Almond-milk, or Sheeps-milk well boyled.

To cure the riſing of the Mother.

THoſe that are thus affected, muſt uſe to lye high with their heads, and oft to rub their Heads, Neck, Pulſes, and Leggs downwards with their warm hands, or warm Cloaths that are courſe. After

After Meals they muſt eat a piece of toaſted Bread, or Marmalade of Quinces, to hinder the riſing, and muſt beware of eating windy things, as raw Fruit, or raw Milk, or ſmall Beer that is not well ſod, and ſhall now and then take a dram of Treacle in warm Beer, and God willing, they ſhall find help.

To cure the Gout.

THe Gout is a Diſeaſe that proceeds from Diſtillations falling down, and it cauſeth great pain and lameneſs where it falls. They that are troubled with the Gout, muſt beware they eat, or drink no fuming Meats, or Drinks, as Wine Vinegar, hot Spice: This Diſeaſe may be cured with a good Purge of Sugar of Roſes, drunk with butterd Beer, annoynt the place pained with Oyle of Chamomil, ſeeth Chamomil in your drink with Liccoris, for this much abates all pain; keep your ſelf warm.

To cure Impoſtumes.

IMpoſtumes come moſt from foul groſs blood, which you may purge with *Confectio Hamech*, drunk with Fumitary Water, and mingle in your Drink Syrup of Fumitary, lay upon the Impoſtume a Poultes boyld with Barley-meal,

To cure pain of the Heart.

PAin of the Heart comes of too great sorrow and care, and from much watching and feare, and working beyond a mans strength. To cure this, rub the Head and Neck downwards, and drink now and then a good draught of Wine, and eat a new Egg with Cinnamon, and use to sing with good godly people, drink a little Cinnamon Water, do but this, and all shall go well, if God please.

To cure a Cholerick Flux.

THis Cholerick Flux is, when a man is constrained to Vomit, and to Purge, proceeding most from the over-flowing of the Gall. He that hath this Disease shall annoynt his Stomach with Oyle of Mace, and of Quinces, and shall drink Wormwood Wine, and eat now and then a piece of a preserved Quince, and shall also use Syrup of Pomgranates, and shall keep himself warm, and weare a Stomacher of Fur.

To

To cure the pain of the Spleen.

THis Diſeaſe comes from groſs foul blood, and poysonous Vapours, which ſwell the Spleen and make it great, the Gums grow black and hollow, and ſtinking. Take a Purge with Rayſins, and Pruins together, a quarter of a pound, let them ſeeth well, then put in half an ounce of Sena Leaves to ſteep in, it being hot, ſtrein all, ſweeten it with Sugar, and drink it off, eat good meat that is of eaſie digeſtion, and rub the Spleen with Unguent Dialthæa, with your warm hand.

To cure the Emrods.

THe Piles come from too great abundance of melancholy blood gathered in the Veins of the Fundament, and ſometimes they appear, and ſometimes they do not, ſometimes they bleed much, which is good if it laſt not too long, for nature ſeeks to help her ſelf. As the Piles bleed too much, and do not ſtop of themſelves, then ſeeth Sumach in Beer, and bathe the part therewith before a good fire. The Leaves of an Oke, and the Acorns ſod in the ſame manner, are very good for this purpoſe. But when they are painfull and come not to bleed, take Linſeed Oyle, the Yelk of an Egg, fine Meal, upon ſome Flax; Plantan Water with Syrup of Quinces, is good to drink againſt bleeding of the Emrods.

To cure Women that have their Courſes ſtopt.

TAke a good Purge, Diacatholicon one ounce, drink it in warm Beer with Sugar; alſo boyl Mugwort in Beer, and mingle it with Syrup of Mugwort, drink it off, and make a Bath of Mugwort, Chamomil, and Featherfew, ſeeth them in water and waſh your Feet therein, and keep your Body warm, and follow your Work.

To cure the too great abundance of Womens Courſes.

LEt the Patient drink Syrup of Pomgranates with Plantan Water, and in all her drink put Syrup of Quinces, and drink now and then Almond-milk, or Sheeps-milk well boyled.

To cure the riſing of the Mother.

THoſe that are thus affected, muſt uſe to lye high with their heads, and oft to rub their Heads, Neck, Pulſes, and Leggs downwards with their warm hands, or warm Cloaths that are courſe.

After

After Meals they muſt eat a piece of toaſted Bread, or Marmalade of Quinces, to hinder the riſing, and muſt beware of eating windy things, as raw Fruit, or raw Milk, or ſmall Beer that is not well ſod, and ſhall now and then take a dram of Treacle in warm Beer, and God willing, they ſhall find help.

To cure the Gout.

THe Gout is a Diſeaſe that proceeds from Diſtillations falling down, and it cauſeth great pain and lameneſs where it falls. They that are troubled with the Gout, muſt beware they eat, or drink no fuming Meats, or Drinks, as Wine Vinegar, hot Spice: This Diſeaſe may be cured with a good Purge of Sugar of Roſes, drunk with butterd Beer, annoynt the place pained with Oyle of Chamomil, ſeeth Chamomil in your drink with Liccoris, for this much abates all pain; keep your ſelf warm..

To cure Impoſtumes.

IMpoſtumes come moſt from foul groſs blood, which you may purge with *Confectio Hamech*, drunk with Fumitary Water, and mingle in your Drink Syrup of Fumitary, lay upon the Impoſtume a Poulteſs boyld with Barley-meal,

or Linſeed, with five or ſix Figgs cut in pieces, and a Lilly Root and Groundſell, ſeeth all in good Beer with a piece of Butter, lay that on untill it be ripe, you may or might drink good butterd Beer, with half a dram of Powder of Bay-berries, and alſo you may let blood.

To cure the ſmall Pox in Children.

GIve the Children Figs to eat, and boyle Figs in their drink, cut in pieces, and let them eat Rayſins, ſo ſhall the Pocks come forth and dry, and fall away.

To cure the Roſe.

THe Roſe comes upon a man with ſhaking cold; To cure it drink Barley Water with Syrup of Violets; where the Roſe, or redneſs is, lay on a linnen Cloath, wet in Plantan, or Roſe-water, and as much Wine vinegar, and it ſhall be gone.

To cure a long laſting Ague.

TAke half a Nutmeg, and as much white Muſtard Seed, powder them, and drink them off in a Glaſs of Wine, as the ſhaking begins to come, and lye down to ſweat well covered, and if the firſt time cures it not, take it once again, purge, and then do no more.

To

To cure a quartern Ague.

THis Ague is hard to cure with any Remedies, and ſometimes it laſts a whole year. Take the Flowers of Centory, and of *Carduus benedictus*, ſeeth them in Beer, and drink of this untill the Ague be gone, and cover your ſelf warm to ſweat, and doing thus the Ague will away.

To cure Wounds.

HE that is wounded, or cut, ſhall waſh the Wound in his own Water, or with Wine, or with Vinegar and Water, and lay a Rag on outwardly dipt in this, and ſo it will not Impoſtumate; alſo apply Sugar and Oyle to it with a Rag, and bind it two or three times faſt about, ſo ſhall it ſoon heal: or ſcrape Chalk into Vinegar, and bind that faſt on with a linnen Cloath that the Wound bleed not, and it will heal of it ſelf.

The end.

Here follow good Admonitions for the ſick and weak perſons, ſerving to teach, and to ſhew them how they may with Gods grace dye happily. This is neceſſary for all ſorts of men.

Eccleſ. 7. *It is better to go to the houſe of mourning, then to the houſe of feaſting, for that is the end of all men, and the Living will lay it to his heart.*

THE EPISTLE TO THE READER.

COurteous and loving Friend; Since it is the Will and Ordinance of God, that all men muſt dye for their ſins, be they what they will be, Rich or Poor, Young or Old, Noble or Baſe, no man can out-run, or bribe Death: We can do no better then to make a Vertue of neceſsity, and labour ſo to live that we may after this ſhort and tranſitory life, live everlaſtingly with our Lord and Saviour Jeſus Chriſt in joy and happineſs; and this we ſhall attain to, if we can but dye happily, for if the end be good all is good. The beſt thing then which a men can do, is to be carefull to live well, that he may dye well, and this he muſt alwaies earneſtly pray unto

unto God for: If men fail of this, then they live in all Gluttony and Drunkenneſs, and wickedneſs, never thinking what ſhall follow after, as though they ſhould live here for ever, not only troubling themſelves with temporall and tranſitory things, ſeldome remembring that they are mortall, but committing all uncleanneſs, ſo that many men dye like Beaſts, and ſnort in their ſins and unbelief, and ſo come at laſt to everlaſting deſtruction. God better it, and to help it what I can: I have written this following Treatiſe, to teach and to incite ſick people, and to ſhew them how to help themſelves at their laſt need, to Gods Glory and mans Good.

Good Inſtructions for thoſe that are ſick.

A Sick man ought not to be impatient, and be troubled becauſe he is ſick, for he ought to give God thanks, being perſwaded that our Lord loves thoſe whom he chaſtneth and puniſheth with ſickneſs; and that thoſe whom he calls his Friends and Children, are by this means forced to go into the Bride-feaſt of everlaſting life. He muſt further think that this preſent life, and all that a man enjoyes in this world, is but lent for a ſhort time, and is not given, why then ſhould we murmure when God takes our lives again from us, which he hath lent unto us ſo long. Think alſo that we are but Pilgrims and ſtrangers in this world, and have here no continuing City, and we muſt know that death is the door and way we muſt paſs through to come to our Fathers houſe, and our own Country, to everlaſting life. We are in this life as in a Wilderneſs and vaſt Sea, full of trouble and miſery, but death brings us to the Haven of perpetuall reſt; And be we willing, or unwilling, dye we muſt: wherefore we cannot do better then willingly to yield up our ſelves into Gods hands, and ſay, Thy will be

be done O Lord; ſo ſhall we pleaſe God, and find reſt to our ſelves. Alſo this is a great invitation for a ſick man, to conſider that all the men that went before him are dead, and ſo muſt all dye that come after him, and he that God ſooneſt taketh out of this mortall life, is in beſt caſe, for here is nothing but miſery to be endured, and ſhould a man live to be very old, he is then a burthen to himſelf, a laughing-ſtock, and a Child, and is in other mens way. And this is a great encouragement for a Chriſtian man, to believe that Jeſus Chriſt died and ſuffered the bitter death of the Croſs for us, and that he hath conquerd all our Enemies, the Devil, Death, and Hell, and to be perſwaded that through his merit, we ſhall be made partakers of eternall glory and joy. And becauſe this life is uncertain and death is certain, a ſick man can do no better, then by all means to ſettle himſelf in the ſtate of Grace, and to uſe all the beſt means he can to come to everlaſting life. If therefore we deſire to live long, let us ſeek for that life which laſts for ever in happineſs, and where we ſhall never dye, for this life is ſo full of miſery, that it may better be called death then life. If we did firmly believe what God hath promiſed unto us, for his dearly beloved Son Jeſus Chriſt his ſake; we ſhould have a ſtrong deſire to the life to come, not regarding this preſent tranſitory life, nor the pains of death, in reſpect of the Glory of the next life, and we ſhould long with St. *Paul* to be uncloathed of this life, that we might live for ever with

with Chriſt; Wherefore let God do what he pleaſeth with our Bodies, for he is unſpeakably wiſe and good, and our moſt loving Father, who turns all things to the beſt, and ſeeketh for nothing but the good of his Children, and happineſs of our Soules. Natures debt muſt be paid, for it is appointed to all men once to die. The hard Shell of death muſt be crackt; to die willingly makes death the more eaſie, no man can eſcape free, to die is all our portion here, grief and unwillingneſs may hinder and do you hurt, but cannot help you. Wherefore be not diſpleaſed, nor murmure againſt Gods Ordinance, and think that God hath ſhewed you great favour to let you live ſo long, when ſo many men are dead before you, and multitudes come to unhappy ends, and are dead in their ſins, and God hath ſent this ſickneſs to you but as a Meſſenger to prepare you to come home to him. Let the Lord alone, wait upon him, let him do his pleaſure, ſo ſhall you find favour from God, and ſhall come after death into the heavenly Bride-chamber that Chriſt hath provided for you: and St. *Paul* ſaith, *That the troubles of this world are not to be reckoned of in compariſon of the Joyes that ſhall be revealed.*

That

That men ought to be patient in ſickneſs.

A Chriſtian man muſt be patient when he is ſick, and think that after pain, ſhall come perpetuall joy. Chriſt himſelf would ſuffer before he entred into his Glory; and the Virgin *Mary* and the Apoſtles, and all Gods Children, are through many tribulations entred into happineſs that laſts for ever. Patience purgeth a man from his ſins, and therefore better it is to endure a ſhort time here, then to ſuffer for ever hereafter without any hopes of redemption. Wherefore St. *Auſtin*, and more holy Saints prayed thus, *Lord burn me, cut me, let me ſuffer here, give me patience, and do not let me ſuffer everlaſtingly.* Hath Chriſt who committed no ſin, and deſerved no puniſhment, ſuffered patiently ſo much for us, to enter into his Glory, and ſhall we ſuffer nothing to come to everlaſting happineſs? wherefore be content, and be of good comfort, and truſt in God that he will ſoon releaſe you of your pains, and bring you to joy eternally, and praiſe and magnifie the Lord God with *Job* in your tribulations; ſaying, *Have we received good from God, and ſhall we not receive evill? God gives, God takes, bleſſed be the name of the Lord.*

Comfort

Comfort for ſick men, and to ſtrengthen them in the Faith of Chriſt.

WHen a man is tempted to fall from his Faith, his beſt way is to pray unto God to confirm his faith, againſt all Aſſaults of the wicked Spirit, and he muſt labour to remain in the true belief of the Catholick Church, againſt which the Gates of Hell ſhall never prevail. He that dieth in this faith is made partaker of all the Merites of Jeſus Chriſt our Saviour, and of all Saints, for they are all fellow-Soldiers under one General and Captain, Chriſt Jeſus. The Chriſtian Faith is confirmed with the blood of holy Martyrs, and God hath ſuffered many Signs and Wonders to be performed by it. In this Faith our fore-Fathers died happily, and without Faith no man can be ſaved; for the Scripture ſaith, *That it is impoſſible without Faith to pleaſe God*; *And he that believes not is condemned.* No man can come to the depth of Faith, for it exceeds all mens underſtanding. It is good to believe, though we cannot comprehend, and in a ſaving Faith to live and die; and it is very good for a ſick man often to read, or to ſay over the Articles of the holy Chriſtian Faith, and to pray unto God for Grace to ſtrengthen him in Faith, ſo long as he lives.

How

How that a ſick man ought to mourn for his ſins.

SInce that God and our ſins are as contrary one to another, as Fire and Water are, no man can attain Gods Favour and Grace, but he muſt be ſorrowfull for his ſins which he hath committed, that he hath ſo ſhamefully oft times provoked God to Wrath and Indignation, by Lying, Deceiving, Pride, Gluttony, Treachery, and by deſpiſing of his Neighbour, For theſe and the like Offences, a man muſt be grieved from the bottome of his heart, he muſt repent and amend, and God the Lord will be merciſull unto him, and will not look upon a man according to his Works, but according to his Repentance and Deſires. For were a man the greateſt Sinner in the World, and ſhall repent from his heart for all his ſins, and ſhall forſake them, and amend, God will never more remember his ſins, but will pardon them all, and ſuch a Sinner ſhall die a Saint, for God will look upon the Will for the Deed, and will paſs by his wicked life that he lead before: none go to Hell but the Rebellious, and ſuch as are obſtinate againſt God.

A ſick

A ſick man ought to forgive his Enemies.

A ſick man muſt conſider that if he deſire pardon of God, and forgiveneſs of his ſins, ſo muſt he alſo forget and forgive what another man hath done againſt him; for God will forgive no man his ſins, that will not forgive another man that hath offended him: for if you forgive men their Treſpaſſes, ſo ſhall your Father which is in Heaven forgive you your Treſpaſſes; for by the ſame meaſure a man meets, it ſhall be meaſured to him again: Wherefore we have it in the Lords Prayer, *Forgive us our Treſpaſſes, as we forgive them that treſpaſs againſt us.* We read in the Goſpel, That the unmercifull Debtor who was freed from all his Debts, yet would not ſhew mercy to his fellow-ſervant, as mercy was ſhewed unto him, was caſt into Priſon, to whom the Lord ſpake thus; *Thou wicked Servant, I forgave thee all thy debt, oughteſt then thou not to have mercy on thy fellow-ſervant as I had mercy on thee?*

Wherefore loving Friends, remove all malice out of your hearts, and pray to God for them that have done you Injury, as Chriſt himſelf did upon the Croſs, praying for his Crucifiers, and St. *Steven* prayed for them that ſtoned him: But when you offend one the other be ſorrowfull for it, and aſk pardon, and then you have

have done your part, if you cannot make further ſatisfaction.

How the ſick perſon ought to give Almes.

SInce that our Lord God is ſo wonderfully delighted with Alms-deed, and works of mercy, that he ſaith, *No man that gives but a Cup of cold water in his name, ſhall loſe his reward*: and at the day of Judgment the merciſull ſhall be ſet on the right hand of Chriſt, and ſhall poſſeſs the Kingdome of God, and the unmerciſul ſhall be ſet at the left hand; therefore every Chriſtian to his power is bound to do ſome works of Charity, eſpecially when he is ſick, to make a way to Gods favour, and to endeavour to obtain Gods mercy, for Charity covereth a multitude of ſins, and quencheth them as water doth fire: and this is the way to die happily, and to enter into joy, through Gods infinite goodneſs; and if God pleaſe to prolong a mans life, it ſhall be better for him that he hath done good to others. Therefore if you have much, give much, if you have but little, give as you are able, for God looks not upon your gifts, but upon your good heart, and if you have nothing to give, yet give ſome Spirituall Gift and Prayers, give good Inſtructions to your Family, and thoſe that come to ſee you, warn them to

to live peaceably and to ſtand firm in the Faith of Chriſt, and pray for your Governours, and Overſeers, for this is the beſt ſort of Almes, and believe that God will not leave this unrewarded, but will abundantly reward it in Heaven. Wherefore do good, and give Almes, and ſhew Mercy, and God will ſhew Mercy unto you, for what you give, or do for poor men, you give unto the Lord, *Luke* 12. and what you give, he will repay.

How the Sick muſt Pray.

BEing it is ſo, that our Lord and Saviour Jeſus Chriſt hath ſo heartily taught us to come to him, and to ſeek after him in all need, ſickneſs and trouble, promiſing to help us, ſaying, *Come unto me all that are weary and laden, and I ſhall refreſh you*: A ſick man cannot do better then to turn himſelf to the Fountain of Mercy, and pray devoutly unto God, with earneſt Prayer for the forgiveneſs of his ſins, and to be ſtrengthned in the holy Chriſtian Faith, and that he may ſafely and happily depart this life, and find a joyfull entrance into everlaſting life. So we read of King *Ezekias*, who lying on his ſick Bed, and praying unto God with Tears, hath by this means pacified Gods Anger, and obtaind favour to have his life prolonged: ſo the wicked King *Manaſſes* by Prayer and Repentance

tance, had his ſins forgiven him: how much then ought Chriſtians to pray for Grace and Mercy, and they ſhall be heard for Chriſts ſake. So our Saviour himſelf hath promiſed unto us, ſaying, *Ask and yee ſhall have, ſeek and you ſhall find, knock and it ſhall be opened unto you.* But we muſt ſtill remember to pray unto God the Father in the name of our Lord Jeſus Chriſt, for his Paſſion ſake, and for all the meritorious Works that he performed for us, by his ſacred blood, and holy Name, and death on the Croſs that he endured, for by this means we ſhall be heard, and our Petitions ſhall be granted. For he ſayth, *That whatſoever you pray unto the Father for, ask it in my Name, and you ſhall be heard.* If we want the gift of Prayer, then the beſt way is to repeat ſome ſhort Prayer, as we are beſt able, ſaying, *O Jeſus Son of* David *have mercy upon me: O bleſſed Jeſus Son of the living God take pity upon me moſt miſerable ſinner, and puniſh me not in thy fury, and deal not with me according to my ſins, but by thine infinite mercy look upon me. O Lord enter not into judgment with thy Servant:* And ſay often with St. *Stephen, Lord receive my Spirit,* or pray as Chriſt did on the Croſs, *Father, into thy hands I commend my Spirit.* Say the Lords Prayer, ſay alſo, *O bleſſed Lord Jeſus Chriſt, waſh all my ſins in thy tears, and bath them in thy moſt deare and precious blood that thou ſhedſt for my ſake, for the forgiveneſs of them all.*

Say alſo frequently, *O Lord Jeſus, by thy Almighty goodneſs, pardon me all my ſins, and hide me now and in the houre of my departure in thy moſt Sacred*

Wounds that are open to receive penitent Sinners.

Cry with the Prophet *David*, *O Lord even as the Hart that is ſore hunted thirſteth and longeth for the Fountains of Water, ſo longeth my Soul after thee O God. O Lord thou haſt broken my Bands, wherefore I ſhall offer unto thee a Sacrifice of thankſgiving and I will call upon the Name of the Lord.*

Theſe three following Prayers are very powerfull, and therefore a ſick man ſhall repeat them often, or read them in his trouble.

O *My Lord and my God, I am the moſt miſerable man that thou of thy Fatherly goodneſs haſt created for thine own Glory.*

O *My Lord and my God, I am the moſt miſerable ſinner, for whom thou haſt ſhed thy moſt precious blood upon the Croſs.*

O *My Lord and my God, I am the moſt wicked man in the World, whom thou of thine unſpeakable goodneſs haſt elected to live with thee for ever.*

Here

Here follow Prayers concerning Chriſts Sufferings.

O *Dear Lord Jeſus Chriſt*, I *thank thee for thoſe unutterable Torments that thou indureds't upon the Mount of Olives, when thou of thine infinite Pangs, and unſpeakable Love didſt ſweat Water and Blood*; I *beſeech thee O dear God, that for theſe great Sufferings, and ſacred Prayers powered forth for us, thou wilt forgive me all my Offences, and bring me to everlaſting life*, A M E N.

O *Dear Lord Jeſus Chriſt*, I *thank thee for the Impriſonment and ſore Scourging thou didſt undergo for my ſake*, I *beſeech thee dear Lord for thy Merits ſake to take pity on me poor ſinfull man, now and in the hour of my death*, Amen.

I *Thank thee moſt dear Lord Jeſus Chriſt, for that thou endureds't thy bleſſed Face to be wounded and ſpit upon, being falſly accuſed for my ſake.*

I *beſeech thee dear Lord for all the Sufferings that thou underwentſt for me, that thou*

wilt look upon me, and my poor Soul with loving and mercifull Countenance, now and at the inſtant of my departure out of this World, Amen.

I Thank thee, and glorifie and bleſs thy Almighty goodneſs O Lord, that thou didſt ſuffer thy Kingly Head to be Crowned with Thorns for my ſake, and O dear God forgive me that I have abuſed thoſe Graces and Gifts thou haſt beſtowed upon me, and have mercy upon me at my laſt end, Amen.

O Dear Lord Jeſus Chriſt, the eternall Wiſdom of God the Father, praiſe and thanks be unto thee for ever, who wert falſly adjudged to death by Pilat, *I beſeech thee good God give a mercifull Sentence upon my Soul when I depart this life,* Amen.

MOſt dear Lord Jeſus Chriſt, the eternal Word of the Father, bleſſed be thy Name for ever, for all the Pains thou willingly underwent, when thou carriedſt the heavy burthen of the Croſs, I beg of thee to come and help me in the hard, dark, and unknown way that my Soul muſt paſs when it ſhall depart from my Body, Amen.

I thank

I Thank thy Majeſty O Lord, for all the ſmart and pain thou endureaſt upon the Croſs, for my ſake, I pray thee that thou wilt offer unto God the Father, that great Myſtery of thy Suffrings for all my ſins, and that thou will be pleaſed to ſet thine undeſerved puniſhment between the juſt Judgment of God and my ſins, and my poor Soul in the hour of death, Amen.

I Thank thee, I glorifie and bleſs thee, O dear Lord Jeſus Chriſt, that thou for three hours didſt hang all naked upon the Croſs, with thy Wounds bloody, and thy Hands and thy Feet nailed to the Tree in ſuch a miſerable condition, that Heaven and Earth were aſtoniſhed at it. I beg that for all theſe Sorrows and Miſeries over-paſt for my ſake, thou wilt grant unto me a happy paſſage out of this World, and a joyfull entrance into everlaſting like; let me be received into the number of thy Choſen,

Amen.

An Exhortation *to Prayer.*

FUrthermore forget not devoutly to repeat often the Prayers in the Goſpel, cry out with the Publican, *Lord be mercifull unto me a ſinner*; and be conſtant calling out with the Canaanitiſh Woman, *O Son of* David *be mercifull unto me, O Lord help me and aſſiſt me in this time of need.*

Alſo when a man is ſick and knows not how to pray, but if deſirous to pray, let him know that his ſickneſs and miſery is prevalent with God for him, and therefore he ſhall do well to deſire others to pray for him, and to further him in his Devotions.

If a man in his ſickneſs rely on the Sufferings of Chriſt, he is thereby made partaker of them, and if he continue in the true Catholick Faith, and Communion of Saints, he is partaker of all the good Deeds and Prayers that other Chriſtians offer unto God for him.

And if a man would weep for his ſins and cannot, the Tears that Chriſt ſhed for him, being preſented unto God the Father will prevail, and when a ſick man is not able to kneel, remember and truly believe that Chriſt did humble himſelf, and fall flat upon his Face to pray for you, and what you cannot do, ſhall be accepted as performed by you, becauſe Chriſt hath ſatisfied, and performed all for you.

How

How that a ſick man ought to have ſome devout Perſon to aſſiſt him.

IT is very good and commendable that one who is ſick ſend for ſome devout perſon, and one that fears God, to keep him company, that ſo the ſick perſon may be admoniſhed, inſtructed, encouraged, and ſtrengthened by him at the time of his need, that he may be directed concerning the true Catholick Faith, and what is then moſt neceſſary for his Salvation. That he may be warned to conſent to no Temptation, but that he rely conſtantly on the endleſs mercy and goodneſs of God. He ſhall do well to read in the hearing of the ſick perſon, good Prayers, and godly Books, to repeat the Lords Prayer, the Creed, and the ten Commandments, which comprehend the ſumme of what we are to pray for, what we ought to believe, and what God requires of us to do, and let all good people pray with and for the ſick, that he may be ſafely delivered from this body of corruption, or reſtored to his former Health. Yet alwaies ſo much diſcretion muſt be uſed, that the ſick party be not kept from his reſt, or diſtracted by the importunate zeal of ſuch as are about him.

When the Soul of the ſick Perſon is departing from the Body.

WHen we find that the ſick man is ſo ill, that the Soul is ready to depart and to leave the Body, then ought ſuch as are preſent to pray the more fervently and heartily for him that is now dying, and ſay alſo,

O deare Chriſtian Soule, leave this miſerable World,
In the Name of God the Father who created you,
In the Name of God the Son that redeemed you.
In the Name of God the Holy-ghoſt who Sanctified you, Amen.

O Lord Jeſus Chriſt, who hath redeemed us with thy precious blood, make this thy Servants Soule partaker of thy holy Incarnation, Paſſion, Reſurrection, and Aſcention into Heaven, and grant that he may appear in thy preſence with joy amongſt all the holy Saints that have been ſince the World began,
Amen.

That men ought not to feare death overmuch.

MOreover, though death be very bitter and terrible, yet a Chriſtian ought to be comforted, and to believe that death is not now ſo terrible as it was wont to be, for Jeſus Chriſt by his bitter death hath over-come death and conquered it, ſo that now death in Scripture is called but a Sleep, for the Bodies of thoſe that are departed ſleep for a time in the Earth, but they ſhall ſhortly riſe glorioufly, and ſhall for ever live in Heaven in Felicity with Jeſus Chriſt, ſo many as die in him, and we ſhall one day meet our Friends again that have lived here upon the Earth with us; For as Jeſus Chriſt the head of the Church, died and was buried, and roſe again the third day from death to a new & immortall life, ſo all the Bodies of men that ſleep in Chriſt, ſhal riſe again at the laſt day to a new life, and ſhall reign everlaſtingly with him in Joy and Felicity, which is unſpeakable and incomprehenſible, which Eye hath not ſeen, nor Ear heard, neither can it enter into the heart of man, the Joyes which God hath prepared for them that love him.

Matth. XII. *The righteous ſhall ſhine as the Sun in the Kingdome of my Father.*

John

John V. *Verily I ſay unto you, he that heares my Word, and believes on him that ſent me, hath eternal life, and ſhall not come into condemnation, but ſhall paſs from death to life.*

John VI. *This is the will of my Father that ſent me, that all who believe in the Son ſhall have everlaſting life, and I will raiſe them up at the laſt day.*

John VIII. *Verily verily I ſay unto you, he that keepeth my Word ſhall never ſee death.*

For as ſuch as ſleep in Chriſt Jeſus ſhall riſe againe, as Corne doth that is ſowed in the Ground, and lyeth and rots there, and afterwards comes up freſh and green, ſo ſhall our corrupt Bodies come forth of the Earth againe, not corruptible and weak as now they are, but luſty and ſtrong, and that ſhall never die any more. For God is Almighty, who made us all of nothing, and he ſhall make us all riſe again, as he raiſed *Lazarus* from death, who was dead and buried four daies, for Chriſt is the Reſurrection and life, and all that believe in him ſhall live though they were dead.

To believe the Reſurrection of the Body is a great comfort, for ſo that holy man *Job* in his greateſt Afflictions did comfort himſelf with the hopes of his Reſurrection: For when he had loſt all his Subſtance, his Houſes were burnt with Fire from Heaven, and his Camels, Oxen, and Sheep were all taken from him, and his body was full of Sores and Ulcers, that he ſate upon

upon the Dunghill with a Potſheard to ſcrape his fleſh, then did this moſt comfort his heart, namely, the riſing of the dead, as he ſaith, *Job* 19.

I know that my Redeemer liveth, and I ſhall riſe out of the Earth at the laſt day, and I ſhall be cloathed again with my Skin, and in my fleſh ſhall I ſee God, whom I my ſelf ſhall ſee, and my Eyes ſhall behold him, I my ſelf, and no other man for me.

This Sentence lay I up in my heart, and I deſire that it were ingraven in a Rock of Stone, or a Plate of Iron. If then holy *Job* rejoyced ſo much for the riſing of the dead, how ſhould Chriſtians rejoyce, who are more aſſured of the Reſurrection, becauſe our Lord Chriſt is now riſen for us, who is our Head, and thoſe that are his Members ſhall be ſure to riſe alſo.

St. *Paul*, 1 *Theſ.* 4. comforts us thus, *Brethren I would have you underſtand concerning thoſe that are aſleep, that you ſorrow not as others that have no hope, for if we believe that Chriſt is dead, and riſen again, ſo ſhall God bring thoſe with him that are aſleep in Jeſus, therefore comfort one the other with theſe words.*

Again, he ſaith, 2 *Cor.* 5. *Brethren we know that if this Earthly Tabernacle be diſſolved, we have a new Building not made with hands, eternal in the Heavens.*

Againſt a troubled Conſcience.

SOme man will ſay unto me, I could be well content to die, to live with God for ever, but my

my Conſcience is not quiet, I have not lived as I ought to have done, and therefore I am affraid to die. Let this man know, that no man can be ſaved by his own Merits, but by the Merits of Jeſus Chriſt, and for his Sufferings he hath under-gone for us; And ſo great is the Meritorious Life and Death of Chriſt, that one drop of his blood is of more value, then all the ſins of men can be reckoned at, if they be ſet in oppoſition with it. Wherefore a ſinfull man ought in his ſickneſs to comfort himſelf thus; Wherefore ſhould I be diſmaid, the Lord Jeſus hath not only ſhed one ſmall drop of his blood for me, which were enough to ſatisfie for the ſins of the whole World, but he ſhed forth all his blood for us, the Son of God hath fulfilled all Gods Commandments for us, wherefore ſhould I fear, he is the Lamb of God that takes away the ſins of the World.

John 3. *So God loved the World, that he gave his only begotten Son for it, that all that truſt in him ſhould not periſh, but have everlaſting life.*

Matth 11. Chriſt calls to all men that are *weary and heavy laden to come to him, and he will refreſh them*; he wiſheth no man to ſtay from him that deſires Grace and Mercy from him.

Wherefore let no man deſpair, though he had committed all the ſins of the World, for Gods Mercy is greater then any mans ſins: yet no man muſt therefore preſume to ſin, but when he ſtands in need at the time of his death, let him call to mind what *Ezekiel* ſaith, *At what time a Sinner repents of his ſins, God will put his ſins*

out

out of his remembrance. St. *Hierom* ſaith, That *Judas* ſinned more by deſpairing and hanging of himſelf, then he did in betraying of Chriſt; Alſo what a great comfort may a man find in the Goſpel of the prodigall Son, who had unprofitably ſpent and waſted all his Subſtance, and was brought to great poverty, but he no ſooner confeſſeth his Fault, but his Father received him into Grace and Mercy.

1 John, *If any man ſin, we have an Advocate with the Father Jeſus Chriſt the righteous, and he is the propitiation for our ſins, and not for ours alone, but alſo for the ſins of the whole World.*

St. *Bernard* ſaith, We cannot but hope, when we obſerve what Chriſt did upon the Croſs for us; He held his Head downwards to heare us, his Mouth to kiſs us, his Armes ſtretched forth to embrace us, his Hands that were pierced through, open, to give unto us, his Side was open to receive and hide us, wherefore no man muſt deſpaire, but muſt take notice of Gods goodneſs in ſundry examples: In St. *Peter* forſaking Chriſt, in St. *Paul* making havock of the Church, in St. *Matthew* a Publican, in *Zacheus* chief of the Publicans, in *Mary Magdalene* an open ſinner, in the Woman taken in Adultery, in the Thief Crucified on Chriſts right hand; all theſe found mercy from God, wherefore truſt in God, and he ſhall give you freely everlaſting life.

TO

To the good and Courteous

READERS,

A BRIEF

INSTRUCTION.

GOod Friends, God ſend you all proſperity, that by Gods mercy you may live in good Health. It is not amiſs, but very good for a man now and then to purge his Blood, and this is done in Summer, when the Weather is hot, by Sweating, which may be procured by walking untill a man do ſweat, and in Winter by the purging of the cold North-eaſt Winds that cleanſe the blood, as they penetrate into a mans Body when he goes abroad, and it is not improper now and then to waſh a mans Feet in Water where Mugwort and Chamomil are ſod, and a little Sorrel with them, and to drink now and then a draught of good Fountain Water cold, for that mightily refreſheth a man, waſh your hands often, and your Head but ſeldome: for the reſt, commit and commend the care of your Soul and Body unto God, and pray frequently to him that you

you may have his Grace to live in his fear, and to die in his Favour, and this we ſhall better do, if we often ſet before us the thought of the day of our death, and of the laſt Judgment, and thereby endeavour that we may ſo bring this ſhort life about in Vertue and godly living, living as mortall men, and doing Works of Immortality. A Chriſtian man is bound to live ſo as to injure no man, but to do to others as he would that others ſhould do to him, being ſevere to judge himſelf for all his miſdoings, being loving and mercifull to others, and fervent in the love of God, alwaies ſubmitting his will to the will of God, and then it cannot ſucceed amiſs with him.

Moreover, whereſoever we go we muſt obſerve and wonder at the Works of God, and praiſe him for them. When we ſee the Sun ſhine ſo bright, we muſt remember that there is a God, that rules and governs all according to his good pleaſure, who never lets any good Deeds go unrewarded, nor evil Actions unpuniſhed, not preſently, but in his good time. He ſends Summer and Winter, and thereby we may remember that there is both Heaven and Hell, to comfort the good, and to puniſh the bad, You muſt not forget what St. *Paul* ſaith, *That all they who will live godly in Chriſt Jeſus ſhall ſuffer Afflictions in this world*; both from the Devil our chief Enemy, and from the World, and from the Fleſh: Wherefore we muſt manfully reſiſt the Devil, and conquer him by the Sufferings of Chriſt, thinking and meditating of his life

liſe and death, we muſt conquer the World by avoiding of ill Company, that live in wickedneſs, and we muſt converſe with good men; we muſt conquer the fleſh by Sobriety, and watchfulneſs over our ſelves. But we muſt uſe diſcretion that we be not deceived, and we muſt conſtantly pray unto our Lord God for his Grace, that he will grant us the Victory over all our Enemies, and give us hearts to be alwaies mindfull of the Works of Mercy, that with the good Samaritane our Redeemer Jeſus Chriſt, we paſs by no mans miſeries unregarded, if we can do nothing, yet let us pray, and wiſh well to them, that we may be rich in the Works of mercy, having nothing yet poſſeſſing all things, being poor, yet making many rich; let us imitate our God, and do good to our Enemies and ſuch as hurt us, pray for them that curſe us, love thoſe that hate us, being at peace with all the World, ſo ſhall God bleſs us with a peaceable and godly life, and we ſhall die with quiet Conſciences, and after death come to eternall life, to live with Jeſus Chriſt our Lord, to whom with the Father and the Holy-Ghoſt, be aſcribed all Honour and Glory both now and for ever, *Amen.*

Remedies

Remedies and Medicaments that ſerve to Cure ſeverall Sickneſſes and Diſeaſes.

For pains of the Head.

IT is a common Rule to cure pain of the Head, to live ſoberly in eating and drinking to be quiet from paſſions, and to ſleep much, and to bind under the Soles of the Feet, warme white Bread.

For pain of the Head coming of heat.

GArgle in your Mouth ſome cold Fountain Water with a little Vinegar; it is held to be good for hot paines of the head. Or take Roſewater, and a little Roſe-vinegar, and ſnuf up into your Noſtrils, and put ſome on your Handkerchife, and ſmel to it, this ſhall eaſe and cure the pain. Camfer ſmelled to will do the like; alſo annoynt your Forehead with Unguent of Roſes, and bind a Clout about it, ſo ſhall you ſoon find help, God willing.

For cold pain of the Head.

BEet Roots cut and put into the Noſtrils cleanſeth the Brain, and ſo doth the Juice

of Coleworts ſnuſt up into the Noſe. Take Pepper and chew it with Rayſins, this draws forth much filth.

To make one to ſleep.

EAt Lettice in Salade, and that will make a man ſleep well. Alſo Pap made of Rye-meal eaten doth the like.

To ſtrengthen the Memory.

BUgloſs ſtampt, and Wine poured upon it, and this uſually drunk makes a good Memory: ſo doth Chicken Broath, the Bread being ſteeped in it and eaten. Alſo Balme layd in Wine drunk, ſtrengthens the Memory, cheers the Heart, and makes a man ſleep well.

To purge the Head.

THe juice of Pimpernel ſnuft up into the Noſtrils makes one ſnieze, and purgeth the head of much foul matter. So Marjoram in Powder ſnuffed into the Noſe cleanſeth and warmeth the head. Muſtard chewd in the Mouth purgeth the Brain, and draws from the head much tough flegm.

For

For heat of the Eyes.

TAke Rain Water and ſeeth it with white Bread, this Water cools and eaſeth the pain if you waſh your Eyes with it; Roſewater will do the ſame.

For dark Sight.

WAſh your Eyes with Fennel Water, and it cleers the Sight, ſo doth Water of Eybright.

For ſpots in the Eyes.

ALlum boyld in Water to waſh the Eyes takes away the Spots. Alſo take the juice of Celandine, and ſeeth it with Honey and skim it clear, this put into the Eyes takes away the thick Skin of the Eyes, and you muſt waſh afterwards with Womans Milk to take away the pain.

To cure the Phrenſie.

PUrge the Patient well with Diaprunis, and bind over his Forehead a little Roſewater, Roſe-vinegar, and the White of an Egg, and rub the hollow of his Hands and Feet with Salt and Vinegar, and let him drink Butter-Milk ſod with Sorrel.

To make him ſleep.

Give the Sick Beer and Bread, and ſweeten it with an ounce of Syrup of Poppies, and bath his Feet in Water wherein are ſod Willow Leaves, Vine Leaves, and two or three Poppey-heads, waſh his Feet, and Hands, and Forehead with it, and the Temples of his head, and keep him quiet in a dark Room.

For an ill Memory.

A Saman is forgetfull, and hath alwaies a ſnotty Noſe, let him every Morning eat Candid Ginger, and oft-times gargle Muſtard in his Mouth.

Againſt Melancholy.

THe Patient muſt commonly drink a good draught of Wine, with ſome Pimpernel Water, or Bugloſs Water put to it, or lay Pimpernel Leaves in Wine, this will rejoyce the heart. He muſt keep merry Company, live merrily, and purge with Senna Leaves, and ſo God willing all ſhall do well.

For the Falling-ſickneſs.

TAke Roots of Pellitory of *Spain* in Powder, and mingle them with Honey, and uſe this 14 daies together, and this will cure the Falling-ſickneſs; but you muſt uſe to ſneeze alſo, and to rub your head downwards. Powder of Hartſhorn taken inwardly, is good for the ſame and it is helpfull to ſmell unto Thyme.

To

To cure the Apoplex.

WIne of Caſtoreum cures this Diſeaſe, and a man muſt rub all the body downwards and uſe to Vomit with Oyle, and this if God pleaſe ſhall help the ſick.

To cure Lameneſs.

TReacle taken inwardly with good Mede is approved for this Diſeaſe, let the ſick uſe to Snieze and Vomit, and rub the lame Limbs.

Things good for the Hearing.

OYle of bitter Almonds, with Cotten put into the Ears, cures Deafneſs, kills the Worms, and hinders the Noiſe and ſinging of the Ears.

For the Toothache.

MUlberry Leaves ſod in Rain Water, and a little Vinegar put thereto, cureth the Toothach if you gargle it in your Mouth.

To cure the falling of the Vvula.

TAke Vinegar, warm it, and gargle it in your Mouth, or ſeeth new Milk with Sage, and gargle that, and it ſhall help you.

To cure the Pleureſie.

TAke half a Spoonfull of Oyle of ſweet Almonds new drawn, and drink it with Malmſey, and the Pain will leave you.

For a Cough.

TAke Hyſop one handfull, Figs half a quarter of a pound, cut them in pieces, ſeeth all in ſmall Beer, drink of this, it will help the Cough, preſerved Ginger is good for this alſo, and ſo is juice of Liccoris.

For a hot Liver.

DRink in your Beer Syrup of Violets, and annoynt outwardly with Unguent of Roſes.

To cure Fainting of the Heart.

USe to eat preſerved Ginger, or drink Water that Cinnamon is ſod in, and ſtreind, mingle it with Wine, and it ſtrengthneth a faint Heart.

For an ill Stomach.

DRink Wormwood Wine, or Wine wherein Galinga cut in great peices is ſteept, for this gets a man a Stomach.

To cure the Dropſie.

EAt every day one or two Bay-berries, and drink a good draught of French-wine after that

that, and it will help you. Alſo old Reniſh Wine drunk with Oyle of Olives warm, with Powder for the Dropſie, is very good.

To cure the yellow Jaundice.

PUt Celandine into your Drink, and drink off that, it is good for the yellow Jaundice, Rheubarb and Saffran are good for the ſame.

For Worms.

WOrmſeed, or Conſerve of Wormwood, Tanſey Seed, or bitter Almonds eaten are good for it alſo, and the Oyle of it annoynted upon the Belly, or Centory ſod in Beer, and the Beer drunk, this ſerves well to cure Worms, and Rayſins of the Sun are good for Children.

To cure the Wind Cholick.

BOyl Chamomil in Wine, & ſtrein and drink it, this cures the Cholick, Anniſeed is good for it, and lay a Bag warm with Salt upon the place grieved, and it will remove it.

To cure the Itch.

TAke Butter and Soape, and annoynt the Scabs over with it, and waſh all off with warm Rain-water, and annoynt it with Oyle of Walnuts, Bisthwort, Bay-berries, Allum,

Vinegar, Pepper, Brimſtone ſod with old Butter, are good Remedies being ſtirred together and rubbed over the place that is ſcabby.

For the Plague.

BEfore you go abroad waſh your Mouth with Water and Vinegar, and wet your Hankerchif in it, and ſtrike ſome of it upon your Noſtrils, and upon your Temples, and ſmell to your Handkerchif. Alſo take half a Glaſs of good Marygold Flower Vinegar, and the Yelk of a new-laid Egg, and a dram of Treacle to make you ſweat. This is a good means againſt the Plague by Gods aſſiſtance.

For the Stone.

MElt Cherry-tree Gum in Wine, and drink it with Oyle of ſweet Almonds, or take water of Pellitory of the Wall with a little Syrup of Hyſop, this is good for the Gravel.

To cure an Ague.

SEeth *Carduus benedictus* in ſmall Beer, and drink of it, or elſe drink diſtilled Water of Carduus. Centory is good, uſed as the former; Or take a Glaſs of Marygold Flower Vinegar, put ſome *Venice* Treacle to it, make it luke-warm, and drink it off before the Ague comes.

FINIS.